

COMMUNITY SERVICES DISTRICT

ACTIVITY GUIDE

RECREATION ACTIVITIES ● PARKS GUIDE ● FIRE SAFETY INFO

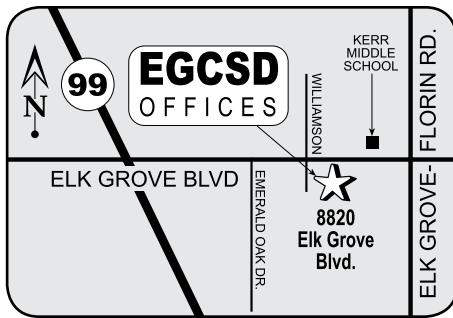


**SUMMER
2006**

Look Inside For:

Special Events
Fire Department Info
Preschools
Day Camp
Leisure Classes
Youth & Adult Sports
Summer Swim Lessons
and more...

Enriching Community • Saving Lives



CSD Administration Building

8820 Elk Grove Blvd
Elk Grove, CA 95624

Parks & Recreation – Suite 3
405-5300

Administrative Services – Suite 1
405-7150

Fire – 8812 Elk Grove Blvd.
405-7100



Laguna Town Hall
3020 Renwick Ave
Elk Grove, CA 95758
684-7550



**Wackford Community
& Aquatic Complex**
9014 Bruceville Road
Elk Grove, CA 95758
405-5600

CSD Parks & Recreation Department reserves the right to photograph facilities, activities, and program participants for potential future use in advertising brochures, the CSD web site, or other promotion purposes only.

Registration:

Residents (95624, 95757, 95758):
Begins **April 24, 2006** at 8:00 am

Non-residents:
Beginning **May 8, 2006** at 8:00 am

Use online registration!

Go to www.egcsd.ca.gov and
follow the e-Reg links.
24 hours a day.
It's quick & easy!

For Your Info...

Activity Guide

Community Services District Activity Guide is published three times each year in January, May, and August.

Additional copies are available at the CSD Administration Building, the Wackford Community & Aquatic Complex, the Laguna Town Hall, the Elk Grove Chamber of Commerce, and the Elk Grove Library.

You may also download the guide from our website at:

www.egcsd.ca.gov

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Inclusive and Adaptive Recreation for People with Disabilities

The Community Services District strives to meet the needs of the community and in accordance with the ADA, the CSD wants to ensure that all individuals have access to our programs. Reasonable accommodations will be determined on an individual basis.

To request an accommodation, please mark the "Accommodations Needed" box on the registration form. The coordinator will contact you. To assist us in meeting your request, please allow at least two weeks advance notice. For more information or to report concerns regarding access, please contact Patrick Larkin at 405-5343.

Gifts for Tomorrow – Today's gifts are tomorrow's treasures.

The CSD Parks & Recreation Department would like to encourage the development of local parks through the "Gifts for Tomorrow" program. This program gives citizens the opportunity to provide amenities needed in neighborhood parks, such as trees and benches. For a free "Gifts for Tomorrow" catalog and more information on this program, call Zach Jones at 405-5300.

Standards of Behavior

For the enjoyment and safety of everyone, the CSD Parks & Recreation Department expects all participants to treat the people and facilities connected with the program with respect and abide by all rules and direction from the staff. The CSD Parks & Recreation Department reserves the right to refuse service to anyone for failure to abide by these standards.

Community Services District



Join the CSD Family

Friends:

As you look through this Summer edition of the Elk Grove Community Services District's Activity Guide, please reflect on the value of community involvement in these programs and activities. The success of the CSD has been in large part due to the many members of this community who help us in a variety of different ways.

Our **Partners for Parks** program, for instance, organizes volunteers to help monitor conditions in our parks, and report damage or other problems. With one of the largest park systems in Northern California, the CSD relies upon park volunteers to keep track of what's going on in the parks. If you live near a park and are interested in joining the **Partners for Parks**, please contact Heather at (916) 405-5334 to become a partner today.

Another important community group is the newly-formed **Playground Partners**, which is raising money to help build a playground at Morse Park, a new 30-acre park scheduled to open in the East Franklin area of Elk Grove next year. For more information about this effort, or to make a donation, visit the CSD website at www.egcsd.ca.gov and follow the link to **Playground Partners**.

The **Friends of the CSD** was created to help keep people informed about the CSD. By joining the **Friends of the CSD**, you will receive timely information from the Elk Grove CSD Fire Department and the CSD Parks and Recreation Department about their programs and community events—all right to your email inbox. In turn, we can rely upon you for help and guidance as we continually strive to improve in our delivery of services to the public. To sign up as a member of the **Friends of the CSD**, visit our website at www.egcsd.ca.gov.

Please enjoy your summer, and please consider becoming part of the growing CSD family.

Donna L. Hansen
General Manager
Community Services District

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Your Parks and Fire Departments

The Elk Grove Fire District and the Elk Grove Recreation and Park District merged in 1985 to form the CSD. The CSD Fire and Parks & Recreation Departments service all of the City of Elk Grove and beyond. For the locations of CSD parks, facilities and fire stations, see page 4. For more information about the Fire Department, see pages 42-43.

CSD Park Listing



View the parks on our website!
See each park and its amenities at www.egcsd.ca.gov
• CSD Parks are listed below in alphabetical order •

1.	Amundson Park • Heritage Hill Drive • <i>Under Construction</i>
81.	Backer Park • Stathos Drive & Bilby Road • <i>Future Park</i>
2.	Baker Park • 8800 Elk Grove Blvd. (<i>Special Needs</i>)
3.	Bartholomew Park • 9292 Lakepoint Drive
76.	Bartholomew Sports Park • Poppy Ridge & Franklin High Rd • <i>Future Park</i>
4.	Batey Park • 6820 Seasons Drive
5.	Beeman Park/Senior Center • 8830 Sharkey Avenue
6.	Berens Park • 10144 Sonoma Creek Drive
7.	Betschart Park • 5666 Adobe Spring Way
8.	Bradford Park • 9894 Spring View Way
9.	Camden Park • Cooperston Drive
10.	Camden Parkway • Camden Drive
11.	Case Park • 5423 Old Creek Drive
12.	Castello Park • 8830 El Toreador Way
13.	Caterino Park • 4101 Windy Cove Drive
14.	Colton Park • 9410 Laguna Springs Way
15.	Davis Park • 8908 Laguna Star Drive
16.	Del Meyer Park • Elk Grove-Florin Road
78.	Ehrhardt Oaks Park • 4800 Percheron Drive • <i>Under Construction</i>
17.	Elk Grove Park • 9950 Elk Grove-Florin Road
18.	Feickert Park • 9310 Emerald Vista Drive
19.	Fite Park • 4312 Careyback Avenue
20.	Fite Park Extension • 4312 Thira Way
21.	Fleming Park • 9275 Salmon Creek Drive
22.	Foulks Park • 9433 Trenholm Drive
23.	Gage Park • 8888 Silverberry Avenue
24.	Gates Park • 9381 Mainline Drive
25.	Guttridge Park • 8100 Laguna Brook Way
26.	Hawkins Park • 2301 Bastona Drive
27.	Henderson Park • 9930 W. Taron Drive
28.	Herburger Park • 6811 Peninsula Way
29.	Hill Park • 9380 Porta Rosa Drive
30.	Houde Park • 9759 Club Park Circle
31.	Hrepich Park • 8620 Black Kite Drive
32.	Johnson Park • 9645 Lakepoint Drive
33.	Johnston Park • 9925 Ferragamo Way
34.	Jones Park • 8840 Shasta Lily Drive
35.	Jungkeit Park • 9760 Fire Poppy Drive
72.	Karamanos Park • Stoneflower Way & Magnolia Hill Drive • <i>Future Park</i>
36.	Keema Park • 9720 Summer Glen Way
37.	King Park • 9328 Keefe Drive

38.	Kloss Park • 6501 Laguna Park Drive
39.	Kramer Park • 6135 Orchard View Drive
40.	Laguna Creek Greenbelt • Laguna Park Drive
41.	Laguna Community Park • 9014 Bruceville Road
42.	Lawrence Park • 9369 Fassett Drive
43.	Lawson Park • 2507 Renwick Avenue
44.	Lewis Park • 9615 Black Swan Drive
45.	Lichtenberger North Park • Laguna Park Drive
46.	Lichtenberger South Park • 6615 Kilconnell Drive
47.	Lippincott Park • 3230 Renwick Avenue
48.	Lombardi Park • 8830 Garrity Drive
75.	Luttig Park • 9710 Toscano Drive • <i>Under Construction</i>
49.	MacDonald Park • 8601 Spring Azure Way
79.	Machado Dairy Park • Stathos & Boa Nova Drive • <i>Future Park</i>
50.	McConnell Park • 10081 Hampton Oak Drive
51.	Mendoza Park • 9001 Polhemus Drive
73.	Miles Park • 9601 Mainline Drive • <i>Under Construction</i>
52.	Miwok Park • 9344 Village Tree Drive
53.	Mix Park • 8770 Goldy Glen Way
54.	Morse Park • Bellaterra Drive • <i>Future Park</i>
55.	Nottoli Park • 10050 East Taron Drive
56.	Oneto Park • 9477 Hidden Hollow Court
57.	Pedersen Park • 5520 Laguna Oaks Drive
80.	Perez Park • 2326 Sandy Beach Way
58.	Perry Park • 9220 Brown Road
59.	Rau Park • 8795 Elk Grove-Florin Road
60.	Rose Park • 8620 Frye Creek Drive
61.	Russell Park • 9136 Grove Street
77.	Schauer Park • Stathos & Porto Moniz Way • <i>Future Park</i>
62.	Simpson Park • 9565 Crisswell Drive
63.	Smedberg Park • 9854 Emerald Park Drive
64.	Strong Park • 9580 Bay Point Way
65.	Town Square Park • 3020 Renwick Avenue
66.	Underwood Park • 8751 Bond Road
67.	Van Doren Park • 9100 Neponset Drive
68.	Wackman Park • 5851 Laguna Quail Drive
74.	Willard Park • 9650 Cresleigh Parkway • <i>Under Construction</i>
69.	Womack Park • 9340 Castleview Drive
70.	Zehnder Park • 9212 Edisto Way
71.	Zimbelman Park • 9191 Big Horn Boulevard



CSD Parks Information

Park Dedications

The CSD is pleased to announce the dedication of four new parks. Each dedication will run from 11 am – 2 pm, and will include a ceremony, ribbon cutting, barbecue lunch, and a variety of family activities. Please join us as we celebrate these special days.

Saturday, May 20, 2006

Pat Perez Park

2326 Sandy Beach Way
Elk Grove, CA 95758

Saturday, June 10, 2006

Frank & Henry Luttig Park

9710 Toscano Drive
Elk Grove, CA 95757

Saturday, June 17, 2006

Bryan Miles Park

9601 Mainline Drive
Elk Grove, CA 95624

Saturday, July 15, 2006

Alexander Hamilton Willard Park

9650 Cresleigh Parkway
Elk Grove, CA 95758



If we build it...they will play!

Playground Partners is a non-profit organization formed under the Elk Grove Community Services District Foundation. All members are non-paid volunteers.

Its goal is to build a 15,000-square-foot playground and water sprayground at the 30-acre Morse Community Park at Bellaterra Drive and Fire Poppy Drive in the east Franklin area of Elk Grove. The playground will be built by community volunteers and the sprayground will be installed by professional contractors. The sprayground will be the first of its kind in the Elk Grove area.

Playground Partners is seeking volunteers and donations.

For more information please visit our website: www.egcsd.ca.gov

Park Concerns?

No one likes to see graffiti or vandalism in parks; however when this does happen, Department staff would like to remove it as soon as possible. To report graffiti, vandalism, or safety concerns in the parks, please call the Graffiti & Maintenance Hotline at 405-5688. Please leave a detailed message describing the concern and your phone number, in case further information is needed. Thanks for doing your part to keep CSD parks in top condition.



**Graffiti Abatement &
Maintenance Hotline:
405-5688**



You can become a partner!

Do you live near or frequently visit an Elk Grove CSD park? Are you interested in the conditions and upkeep of this park? Become a partner for Elk Grove CSD Parks and Recreation. To sign up or for more information, please call Heather at 405-5334.



This summer, the CSD will be constructing numerous facilities. Please visit the CSD web site at www.egcsd.ca.gov for more details including:

- park designs
- anticipated park completion dates
- upcoming community park planning meetings
- new park celebrations

Would you like to receive e-mail updates on park planning issues? Please send us an e-mail at ereginfo@egcsd.ca.gov. Include your name, address, contact phone number, and which park you are interested in.

CSD Parks Information



Elk Grove CSD Skate Park

The Elk Grove CSD skate park is scheduled to reopen this summer at the Wackford Community & Aquatic Complex at 9014 Bruceville Road. The facility offers opportunities for beginner and expert skateboarders and in-line skaters alike. The skate park offers a concrete bowl for more advanced skaters to test their skills. Grab your wheels and the required protective gear and come on out! Check with the Wackford Staff at 405-5600 for the reopening date.

Hours of Operation:

Summer Hours

Weekends:

Session 1	12:00 pm – 2:30 pm
Session 2	3:00 pm – 5:30 pm
Session 3	6:00 pm – 8:30 pm

Monday – Friday:

Session 1	1:00 pm – 3:00 pm
Session 2	3:30 pm – 5:30 pm
Session 3	6:00 pm – 8:30 pm

Fall Hours (Aug 29 – Sept 29)

Monday – Friday:

Session 1	3:30 pm – 5:30 pm
Session 2	6:00 pm – 8:00 pm

Session cost: \$2 per session

Season pass: \$30 (good thru April 2007)

**Park will be closed due to inclement weather*

- All skaters must wear protective gear that includes a helmet, knee pads, and elbow pads.
- All users must sign a waiver prior to enjoying the skate park. (Child under the age of 18 must have their parent or legal guardian on site to sign a waiver.)
- All users of the skate park will be issued an ID card. You must have ID card displayed at all times when using the skate park.

Want to rent the skate park for an event or birthday?

Please contact 405-5600 to find out about fees and availability.

Elk Grove Community Sale & Dance Presentation

Saturday, **June 3, 2006**
8:00 am – 3:00 pm

CSD Parking Lot
8820 Elk Grove Blvd.

**Come participate in this
family fun event!**

Proceeds will go toward the building of Morse Community Park Playground and Sprayground. If you are a crafter/vendor and would like to sell your merchandise, register on-line or call 405-5300.

#9869 – \$35 for 10' x 14' lot
(approximate size,
spaces vary in shape/size)
\$25 refundable cleaning deposit



DOG PARKS

Laguna Community Dog Park

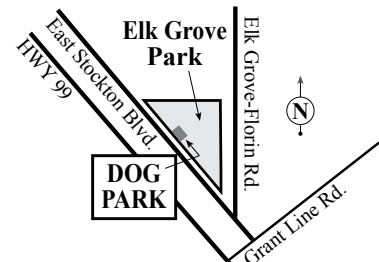
.5 acres
located in Laguna Community Park



9014 Bruceville Rd.

Elk Grove Dog Park

1.2 acres
located in Elk Grove Park



9950 Elk Grove Florin Rd.

Dog Park Hotline: 405-5355

W.O.O.F. (We Offer Off-leash Fun) is a volunteer advisory committee for Elk Grove dog parks. For more information on how to be involved with W.O.O.F., please contact Jeri Retzlaff at 405-5307.



Aquatics



Recreation Swim

Jerry Fox Swim Center

Elk Grove Regional Park
9950 Elk Grove-Florin Road
685-3920

Fees:

\$1 daily or \$10 Season Pass (ages 2-4)
\$3 daily or \$30 Season Pass (5+)
\$25 for 10 Visit Pass

Best Deal:

\$24 Season Pass/person
(if you have 4 or more in your group over age 5)

Weekend Hours:

May 27 – September 4, 12:00 pm – 5:00 pm

Weekday Hours:

June 12 – August 18, 1:15 pm – 4:00 pm
(Weekend hours apply May 29, July 4, & Sept 4)

Facility Includes:

- Pool with 140' waterslide
- Shady picnic area
- Playground

Wackford Community & Aquatic Complex

9014 Bruceville Road
405-5600

Fees:

\$3 daily or \$30 Season Pass (ages 2-4)
\$5 daily or \$50 Season Pass (5+)
\$45 for 10 Visit Pass

Best Deal:

\$40 Season Pass/person
(if you have 4 or more in your group over age 5)

Weekend Hours:

May 27 – September 24, 12:00 pm – 6:00 pm
(Due to swim meets, the pool will open at 2:00 pm on Saturday June 3, 17, & July 15)

Weekday Hours:

June 12 – August 18, 12:00 pm – 5:00 pm
(Weekend hours apply May 29, July 4, & Sept 4)

Facility Includes:

- Recreation pool with a zero depth entry
- Waterslide, water play features
- Splash pool with a water playground
- Competition pool with 1 & 3 meter diving boards
- Shade structures

Season Passes
must be purchased
at the Wackford
Community Complex
with all parties
present.



Summer Swim Kick-Off Recreational Swimming

Friday: June 9
7:00 – 9:00 pm

Jerry Fox Swim Center
\$3/Age 5+, \$1/Age 2-4

**Wackford Community
& Aquatic Complex**
\$5/Age 5+, \$3/Age 2-4



Themed Family Fun Nights

Friday: June 23, July 21, Aug 4
5:30 – 8:00 pm

Jerry Fox Swim Center
\$3/Age 5+, \$1/Ages 2-4

Swim School & Aquatic Programs Hotline: 405-5680

Aquatics



Junior Guard Program

Ages 12–15

This program is designed to be a community-based water safety program for youth ages 12–15. It combines certification opportunities, work experience, a foundation for skill development, competition, teamwork, and leadership skills to provide a well-rounded training experience. Upon completion of the course, each student will receive a certificate as a National Pool and Waterpark Junior Lifeguard and have the opportunity to continue their training through our volunteer program. Participants will have the option of assisting during recreation swim or aiding in our swim lesson program. *Prerequisites: 12–15 years of age and be able to swim 100 yards front crawl, 50 yards breaststroke, and retrieve a 10 lb. brick from 7 ft. of water.*

Wackford Community and Aquatic Complex		\$120	
#7998	April 8 – 30*	Sat & Sun	9:00 am – 4:00 pm
#9507	June 12 – 23	Mon-Fri	8:00 am – 2:00 pm
#9508	July 10 – 21	Mon-Fri	8:00 am – 2:00 pm

*No class on April 16

Lap Swim

Age 18+

Whether you're an early riser or an evening swimmer, aquatic fitness is a wonderful way to stay in shape. The water offers more resistance than dry-land workouts, prevents the body from overheating, and is less demanding on the joints. We have a large selection of aqua equipment to keep that workout enjoyable. **NEW!** Sign up for **Lap Track** at the front desk to record the amount of laps you swim a day, week, or month. There is no additional charge and you can win prizes for pre-determined visits.

Wackford Community & Aquatic Complex
\$5/Daily, \$45/10 Visit Punch Pass, \$30/Monthly,
\$25/Monthly Automatic Payment

Sat & Sun	June 3 – Aug 27	9:00 am – 12:00 pm
Mon/Wed/Fri	June 5 – Aug 30	6:30 am – 12:00 pm
Tue/Thu	June 6 – Aug 31	8:00 am – 12:00 pm
Mon-Thur	June 5 – Aug 31	6:30 pm – 9:30 pm

*We will be closed for lap swim and water aerobics on the following Saturdays: May 6, May 20, June 3, June 17, July 15

Water Aerobics

Age 18+

Designed for beginners to advanced. Get fit this spring and summer season with exercise options for all levels and abilities. These low impact workouts focus on building cardiovascular endurance and muscular strength by using hydro tone equipment and the resistance of the water. With a wide variety of classes, water aerobics is a fun way to burn calories and get in shape, all while getting fresh air and sunshine.

*To participate in the Low-Impact (deep water aerobics classes), participants must be able to swim across the pool (25 yds) unassisted.

Extended Water Aerobics Schedule

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 1 – 31	9:00 – 10:00 am	Kickboxing	Toning	Specialty	Basic	Low Impact	Low Impact
	10:00 – 11:00 am	Low Impact	Low Impact	Low Impact	Low Impact	Pilates	
	6:30 – 7:30 pm	Low Impact	Low Impact	Low Impact	Low Impact		
	7:30 – 8:30 pm	Basic	Kickboxing	Specialty	Toning		
June 1 – Aug 31	9:00 – 10:00 am	Kickboxing	Toning	Specialty	Basic	Low Impact	Low Impact
	10:00 – 11:00 am	Low Impact	Low Impact	Low Impact	Low Impact	Pilates	
	6:30 – 7:30 pm	Low Impact	Low Impact	Low Impact	Low Impact		
	7:30 – 8:30 pm	Basic	Kickboxing	Specialty	Toning		
	8:30 – 9:30 pm	Low Impact	Low Impact	Low Impact	Low Impact		
Sept 1 – 30	9:00 – 10:00 am	Kickboxing	Toning	Specialty	Basic	Low Impact	Low Impact
	10:00 – 11:00 am	Low Impact	Low Impact	Low Impact	Low Impact	Pilates	
	6:30 – 7:30 pm	Low Impact	Low Impact	Low Impact	Low Impact		
	7:30 – 8:30 pm	Basic	Kickboxing	Specialty	Toning		

Wackford Community & Aquatic Complex: \$5/Daily, \$45/10 Visit Punch Pass, \$30/Monthly, \$25/Monthly Automatic Payment



Aquatics



Lesson Levels:

Turtle (Infant and Preschool with Parent)

Age 6 months +
Water adjustment and safety skills for parent and child. This class is designed to increase the comfort level of toddlers in and around water. Class sessions are 4 days long.

Starfish (Level 1) Water Exploration

Age 3+
For children who do not yet go underwater. Child learns to submerge face independently and is introduced to floating and locomotion in the water in a fun and supportive environment.

Seahorse (Level 2) Primary Skills

Child must be able to submerge face independently. Child learns to float on front and back and swim on front and back for a short distance.

Minnow (Level 3) Stroke Readiness

Child must be able to swim and float independently on front and back. Child refines front crawl with rotary breathing and back crawl. They are introduced to elementary backstroke and treading water.

Otter (Level 4) Stroke Development

Child must swim front crawl, back crawl and elementary backstroke for 15 yards independently in water that may be over their head. They will refine front crawl with rotary breathing, back crawl, and elementary backstroke and will learn sidestroke, breaststroke and flip turns.

Dolphin (Level 5) Stroke Refinement

Child must be able to swim at least 25 yards of front crawl, back crawl, elementary backstroke, and sidestroke in deep water. Breaststroke is refined and butterfly is learned. They will also practice treading water with different kicks and flip turns.

Shark (Level 6) Advanced Skill Proficiency

Child must be able to swim at least 50 yards of freestyle, backstroke, breaststroke, sidestroke, and elementary backstroke. Endurance and technique are emphasized and butterfly is refined.

Private Lessons (Age 5+)

For the personal touch, take a private lesson. Students of all swimming abilities will receive one-on-one instruction at their own level with an experienced instructor. Sessions are 4 days long.

Adult Lessons (Age 14+)

It's never too late to learn to swim. Join us in a group setting as adults learn at their own pace. Instructors will modify the class to best meet the students' needs.

Swim Lessons "Adapted" (Age 5+)

Our adapted swim lesson program is designed for children and adults with disabilities. Participants will receive one-on-one instruction at their own level with an experienced instructor. For more information, call Patrick Larkin at 405-5343.

Summer Swim Lessons

Jerry Fox Swim Center and
Wackford Community & Aquatic Complex

Session I	June 12 – June 22
Session II	June 26 – July 7
(Classes will be M, W, Th, F the second week)	
Session III	July 10 – July 20
Session IV	July 24 – Aug 3
Session V	Aug 7 – Aug 17

Private lessons are 4-day long sessions offered the first or second week of every session.

Turtle classes are 4-day long sessions offered the first week of every session.

Prices:

Turtle (4 classes)	\$29
Other levels (8 classes)	\$49
Privates (4 classes)	\$89



	Turtle (PAP) 1st week only	Starfish (level 1)	Seahorse (level 2)	Minnow (level 3)	Otter (level 4)	Dolphin (level 5)	Shark (levels 6 & 7)	Adult	Adapted	Private (1st or 2nd week)
Morning										
10:00-10:30	●	●	●	●	●	●	●	●	●	●
10:30-11:00	●	●	●	●	●	●	●	●	●	●
11:00-11:30	●	●	●	●	●	●	●	●	●	●
11:30-12:00	●	●	●	●	●	●	●	●	●	●
12:00-12:30	●	●	●	●	●	●	●	●	●	●
12:30-1:00	●	●	●	●	●	●	●	●	●	●
Evening										
4:15-4:45	●	●	●	●	●	●	●	●	●	●
4:45-5:15	●	●	●	●	●	●	●	●	●	●
5:15-5:45	●	●	●	●	●	●	●	●	●	●
5:45-6:15	●	●	●	●	●	●	●	●	●	●
6:15-6:45	●	●	●	●	●	●	●	●	●	●
6:45-7:15	●	●	●	●	●	●	●	●	●	●
7:15-7:45	●	●	●	●	●	●	●	●	●	●

Jerry Fox Swim Center
9950 Elk Grove-Florin Road

	Turtle (PAP) 1st week only	Starfish (level 1)	Seahorse (level 2)	Minnow (level 3)	Otter (level 4)	Dolphin (level 5)	Shark (levels 6 & 7)	Adult	Adapted	Private (1st or 2nd week)
Morning										
9:00 - 9:30	●	●	●	●	●	●	●	●	●	●
9:30-10:00	●	●	●	●	●	●	●	●	●	●
10:00-10:30	●	●	●	●	●	●	●	●	●	●
10:30-11:00	●	●	●	●	●	●	●	●	●	●
11:00-11:30	●	●	●	●	●	●	●	●	●	●
Evening										
5:30-6:00	●	●	●	●	●	●	●	●	●	●
6:00-6:30	●	●	●	●	●	●	●	●	●	●
6:30-7:00	●	●	●	●	●	●	●	●	●	●
7:00-7:30	●	●	●	●	●	●	●	●	●	●
7:30-8:00	●	●	●	●	●	●	●	●	●	●

Wackford Aquatic Complex
9014 Bruceville Road

Saturday Lessons

Jerry Fox Swim Center and
Wackford Community & Aquatic Complex

Saturday Group (5 classes) \$34
June 17 – July 15

Saturday Privates (each) \$22

Session I	June 17
Session II	June 24
Session III	July 1
Session IV	July 8
Session V	July 15

Saturday Lessons	Private Lessons	Starfish (level 1)	Seahorse (level 2)	Minnow (level 3)	Otter (level 4)
9:00-9:30	●	●	●	●	●
9:30-10:00	●	●	●	●	●
10:00-10:30	●	●	●	●	●
10:30-11:00	●	●	●	●	●
11:00-11:30	●	●	●	●	●

Saturday Lessons	Private Lessons	Starfish (level 1)	Seahorse (level 2)	Minnow (level 3)	Otter (level 4)
9:00-9:30	●	●	●	●	●
9:30-10:00	●	●	●	●	●
10:00-10:30	●	●	●	●	●
10:30-11:00	●	●	●	●	●
11:00-11:30	●	●	●	●	●

Aquatics



Helpful Hints for CSD Swim Lessons:

- It is recommended that children repeat the last level they completed the previous summer.
- Most children remain in the same level for two or more sessions.
- Please have a second and third choice ready when registering, as classes fill up quickly.
- Remember that both the Jerry Fox Swim Center and Wackford Community & Aquatic Complex offer swim lessons, so if a class is full at one pool, check the other facility.
- Please make sure your child has a swim suit, towel and plenty of sun block! For children in diapers, swim diapers must be worn in the pool (available for purchase in locker room vending machines). Goggles and swim caps can be worn as well.
- Be on time or early to class!

Refund Policy:

Refunds will be granted if cancellations are received 72 hours prior to the first class. Failure to attend a program or "no shows" will not be granted refunds.

Waitlist Policy:

Anyone can waitlist at anytime for individual classes. Waitlists are not rolled over from year to year, session to session, or class to class. It is the responsibility of the parent to place their child(ren) on the appropriate waitlist(s). If a client withdraws from a class thus creating an open spot, the first person on the waitlist is called and has 24 hours from the time the call was placed to accept or decline.

Pool Party Packages

Come join us at the pool for a party with our new and improved packages! Enjoy your birthday or get-together at the Jerry Fox Swim Center or the Wackford Community & Aquatic Complex. Parties are available on Saturdays and Sundays from June 10 – September 3, 2006. Package price includes up to 10 guests, extra charge for each additional guest. Space is limited, so reserve your party today! For details, call 405-5600.

Jerry Fox Swim Center

Package A: \$160

Includes entry, area, cake, pizza, place settings, special gift for child, staff, and 1 of 3 party themes:

1. Finding Nemo
2. Spongebob Squarepants
3. Aquatic

Package B: \$110

Includes entry, staff, area, and special gift for child

Wackford Aquatic Complex

Package A: \$200

Includes entry, area, cake, pizza, place settings, staff, and special gift for child

Package B: \$150

Includes entry, staff, area, and special gift for child

Pool Rentals

Both the Jerry Fox Swim Center and Wackford Community & Aquatic Complex are available to rent for your special occasion. Rental includes exclusive use of the pool, slide, and picnic area. Reservations are available in two-hour blocks on Saturday and Sunday evenings. Please call 405-5600 for fees and availability.

Jerry Fox Swim Center:

May 27 – September 4

Wackford Aquatic Complex:

May 27 – September 24





Special Happenings

FARMERS' MARKETS are held in **Elk Grove Regional Park**, between the Pavilion and Rotary Grove **each Thursday from May 4th – August 31st.*** In addition to produce vendors, there will be children's activities, entertainment, and a food court—so bring the family for an evening of fun! The market will be open from **4–7 pm**.

**No market on July 27 due to Strauss Festival*

May 4 – **Fiesta**

Kick off the Summer Farmers' Markets with a salute to Cinco de Mayo. Songs, crafts and activities to honor the Hispanic community.

May 11 – **Lego Mania**

Come build with us! No one is too old to play with legos. Check out the efforts of everyone, young and old.

May 18 – **Bloomin' Beauties**

Get your hand dirty planting and creating at this celebration of the beautiful flowers in the region.

May 25 – **Baseball or Bust**

Try your hand at t-ball, and other activities that celebrate the all-American pastime.

June 1 – **CSD Open House**

Get out and see what your CSD has to offer this summer. Leisure classes, sports, and other fun activities.

June 8 – **Under The Big Top**

Everyone loves a circus and what better way to celebrate than to be a clown! Stop by and have your face painted. After shopping and clowning around— stay in the Park for a performance of Circus Chimera under the Big Top (for an addition fee, see page 47).

June 15 – **Chalk on the Walk**

Demonstrate your artistic skills with chalk on the sidewalk. Bring the entire family and go wild and crazy with creativity.

June 22 – **Safety Night**

Join your CSD Fire Department, along with your local Police Department for an evening of summer safety tips along with equipment tours and lot of fun.

June 29 – **Star Spangled Fun**

Get ready to celebrate the Fourth of July in style. Create special crafts for the 4th.

July 6 – **Camp Out Night**

If you've been camping a lot or never been camping at all, this night is for you. Experience a fun night of camping activities.



July 13 – **Multi-Cultural Night**

We invite everyone to come out to meet, mingle, and enjoy the cultural diversity that makes Elk Grove a great community to live. Lots of games, dancers, food, and fun.

July 20 – **Stuck On You**

Get creative as you construct duct tape sculptures and balloon towers! Make your own duct tape wallet.

August 3 – **Silly Olympics**

Friendly competition, teamwork, and fun! Bring out the family for some silly games and activities.

August 10 – **Summer Splash**

Put on your coolest shorts and join us for a refreshing, fun evening. Crafts, games and much more. Let's get out and stay cool!

August 17 – **Recycle Fun!**

Create a craft to keep and help the environment at the same time! Be creative & Green!

August 24 – **CSD Open House**

Come learn about what the CSD has to offer. Visit with instructors and see what classes are available to you and your family for the fall.

August 31 – **Carnival Night**

Come out and try your luck on a variety of carnival games. Meet our talented balloon artist and have her create your favorite animal.

Save the Dates:

Mother Son Dance

September 15, 2006 – *Pavilion*

September 22, 2006 – *Laguna Town Hall*

Harvest Festival

October 7 & 8, 2006

Craft fair applications available.

Special Happenings



Hot Summer Nights Concert Series

All ages

Bring your family out to these free musical events.

Friday Nights 6:30 – 9:00 pm at Laguna Town Hall Amphitheater

Aug 4: **Amigos**

Aug 11: **The R. Mills Band**

Aug 18: **Innersoul**

Aug 25: **Azuar**

Sep 1: **On Air**

Roving Concert Series

New!

All ages

Bring your family out to these free musical events.

Friday Nights 6:30 – 9:00 pm

May 12 at Nottoli Park
Johnny D & the Steel Horse Stampede

May 19 at Strong Park
The Detours

Sep 8 at Rau Park
Innersoul

Sep 22 at Johnson Park
Contraband

Fun in the Sun Series

Start a new tradition with us in Elk Grove Park at these summer events on Strauss Island. Bring your blanket and picnic basket and enjoy the music and comedy! The concerts are free.

Friday Nights at Strauss Island in Elk Grove Regional Park

All ages

July 7, 2006

6:30 – 9:00 pm

Concert
Latin Essence

July 14, 2006

8:00 – 10:00 pm

Comedy Night
Laughs Unlimited

Recommended for an adult audience.
\$5/person – #3055

July 21, 2006

6:30 – 9:00 pm

Concert
Amigos

Comedy Under the Stars

Recommended for an adult audience

Come laugh under the stars! Sacramento's 'Laughs Unlimited' comes to Elk Grove for an outdoor performance by some of the region's funniest comedians. Seating begins at 7:00 p.m. Bring a picnic, blanket, and a jacket and come enjoy the fun.

Laguna Town Hall, Amphitheater \$5

#3077 Friday 6/16 8:00 - 10:00 pm

#3078 Friday 9/15 8:00 - 10:00 pm



Special Happenings

Family Fun Nights

FREE

Looking for something new to do this summer? These free family events are scheduled at parks throughout the CSD park system. Children must be accompanied by an adult. All programs will be held from 5:30 – 7:00 pm at the parks listed below. For more information, contact Heather at 405-5334.

Date	Theme	Location
Friday May 5	Sports Galore The night will be filled with sports activities for all ages. Keep your family fit and in shape. Promote an active, healthy lifestyle for children and adults of all ages!	Keema Park
Thursday May 25	Kite Night “Let’s go fly a kite!” Bring the family out for a fun night of craft activities and flying. Bring your own kites.	Johnson Park
Friday June 2	Ice Cream Social Bring the family out for a night filled with yummy ice cream and fun activities.	Kramer Park
Friday June 30	Family Fitness Join the CSD as we make fitness fun for the entire family. Daily physical activity has long been recognized as an essential ingredient of a healthy life. So join us for an evening filled with fun games and learn about a healthy lifestyle all in one evening.	Houde Park
Friday July 7	Wacky Water Games Bring the family out to enjoy a wet & wild evening fun of wacky water games.	Miwok Park
Friday August 4	Silly Olympics Friendly competition, teamwork, and fun! Bring the family out for some silly games and activities.	King Park

Family Fun – Movie Nights

All ages

Bring your blanket and enjoy a movie and activities with your friends and family under the stars. Come early and enjoy a summer day in the park. Movie will begin at dusk. Pre-movie activities will start at 7:00 pm. Fees include popcorn and all pre-movie activities.

Lady & the Tramp

June 9, 7–10 pm

Elk Grove Regional Park

\$3/person or \$10/family

#8070

Ice Age

June 23, 7–10 pm

Jungkeit Park

\$3/person or \$10/family

#8071



Circus Chimera

All ages

The Circus is coming to town! Circus Chimera, a non-animal circus show, held under the big top, is coming to Elk Grove Park. The two hour show is a spectacular experience that includes international performers that juggle, fly through the air and dazzle the audience with daring feats of strength. Tickets may be used at any show — June 9th at 7:30 pm, June 10th at 4:30 pm, June 10th at 7:30 pm, or June 11th at 4:30.

Elk Grove Regional Park, Rotary Grove \$7

#8074	Fri	6/9	7:30 - 9:30 pm
#8074	Sat	6/10	4:30 - 6:30 pm
#8074	Sat	6/10	7:30 - 9:30 pm
#8074	Sun	6/11	4:30 - 6:30 pm

See page 47 for more details

Special Happenings



CSD co-sponsors the following community events:

Western Festival

All ages

Join your friends at the 49th Annual Elk Grove Western Festival. For details contact the Western Festival Committee at 685-5475. CSD activities will include: Soot Camp (kids fire safety obstacle course), fire extinguisher, home fire sprinkler, and vehicle extrication demonstrations.

Elk Grove Regional Park

May 6 & 7, 2006

Salute to Red, White, and Blue

All ages

Celebrate Independence Day in style with a full day of entertainment and activities culminating with a spectacular fireworks show. For more information contact the Elk Grove Chamber of Commerce (691-3760).

Elk Grove Regional Park, Rotary Grove

July 4, 2006

Strauss Festival

All ages

This annual event celebrates the beautiful music of Johann Strauss. For more information, visit www.straussfestival.com.

Elk Grove Regional Park, Strauss Island

July 27 – 30, 2006

7:45 pm

WOOF Whine & Dine

Friday, June 2, 2006, 7 pm

Elk Grove Regional Park, Pavilion

Wine tasting and pairing.
#9879 – \$15/person

Woof Walk & Vendor Fair

Saturday, June 3, 2006, 9 am – 5 pm

Elk Grove Regional Park

Join us as we celebrate the best Elk Grove has to offer. Come enjoy a day of family entertainment including a FUNdraising WOOF Walk for CSD's dog parks, children's activities, demonstrations, and more.

#8064 – \$50/vendor booth space

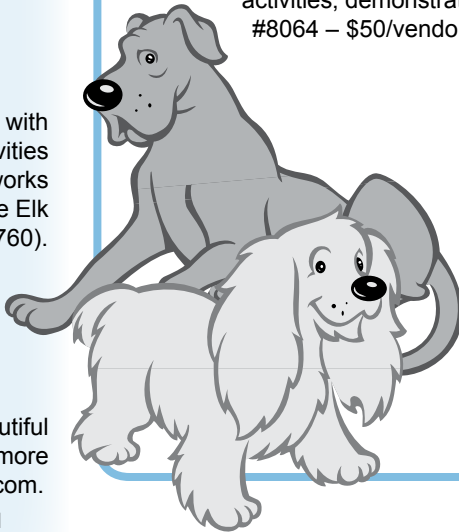
The WOOF Walk & Pet Expo

Saturday, June 3, 2006, begin at 9 am

Elk Grove Regional Park

Join us for the 3rd Annual WOOF Walk FUNdraiser for Elk Grove's Dog Parks. The walk begins at 9 am and continue with a day of dog-gone fun with agility demonstrations and some of the areas finest pet related businesses strut their stuff. Dogs are optional on the walk. To pre-register for the walk, call 405-5300.

#8063 – \$15/participant (dogs free)



Teddy Bear Tea

All ages

Bring your favorite Teddy Bear for an evening of fun. Special crafts and activities will round out the evening. All teddy bears will receive a certificate of fun. Children must be accompanied by an adult.

Pavilion, Elk Grove Park **\$5/child**

#3103 Thu 5/11 6:30 - 8:00 pm

Community Camp Out

All ages

Pull out the tent, pack up the kids and join us for Elk Grove's 4th Annual Community Campout. Activities include swimming at Elk Grove Regional Park, crafts, and games for the family. The highlight of the weekend will be the campfire—complete with songs, skits, and snacks. Fees include admission to the pool, Saturday dinner, and Sunday breakfast. This event fills fast, so get your registration in early.

Elk Grove Regional Park, Area 1B **\$10/person** #3052

Saturday & Sunday, July 8 & 9
12 pm – 11 am



Kid's Tri-for-Fun

see page 47 for more details

Preschools



Tiny Tot Kids at Play

Elk Grove Rec Center, Rm #2
8828 Elk Grove Blvd.

Tiny Tot Friendship Corner

Elk Grove Rec Center, Rm #3
8828 Elk Grove Blvd.

Tiny Tot Pals

Elk Grove Rec Center, Rm #9
8828 Elk Grove Blvd.

Tiny Tot Station (M-F)

Johnson Park Rec Center
3570 Marsh Point Drive

Tiny Tot Neighbors

Wackford Community &
Aquatic Complex
9014 Bruceville Road

Tiny Tot Zone

Castello Rec Center
8830 El Toreador Way

Tiny Tot Connection

Laguna Town Hall
3020 Renwick Ave.

About the Program

Tiny Tot Preschool offers children in the Elk Grove community a wide variety of educational experiences. In the classroom, the children are given time to explore and become involved in the learning environment. The curriculum offers opportunities for social, emotional, cognitive, physical, and creative growth. Teachers are given guidelines which closely follow Elk Grove Unified School District's Preschool standards in order to help better prepare the children for kindergarten. Tiny Tot Preschool is a well balanced program that allows each child opportunities to play and explore independently, as well as involve them in group activities that encourage interaction with others in the classroom setting.

New Extended School Year Preschool Schedule:

Age 3

T/Th	mornings	8:30 - 11:30 am
T/Th*	afternoons	12:30 - 3:30 pm

*Tiny Tot Zone Only

Class begins 8/1/06 – 6/28/07 \$139*

Age 4

M/W/F	mornings	8:30 - 11:30 am
M/W/F	afternoons	12:30 - 3:30 pm

Class begins 8/2/06 – 6/29/07 \$184*

T/Th	afternoons	12:30 - 3:30 pm
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Class begins 8/1/06 – 6/28/07 \$139*

M-F	mornings	9:00 - 11:00 am
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M-F	afternoons	12:00 - 2:00 pm
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Class begins 8/1/06 – 6/28/07 \$208*

*Monthly Payments

Registration Requirements:

1. Children must be the required age on or before December 2, 2006.
2. Children in the 3- and 4-year old preschool programs must be potty trained by the first day of class.

How to Register:

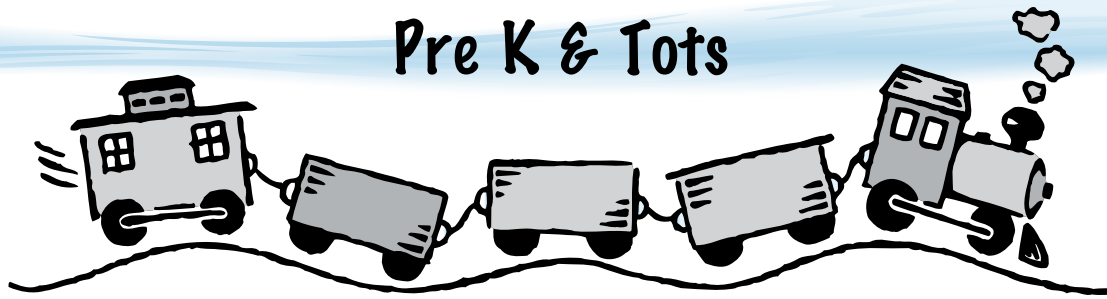
You may register for preschool on-line!

Registration for the 2006/07 school year began in March. A *limited* number of openings may still be available. You may check on-line to register or place your child on a waiting list.

You may also register by phone, fax, or come in to our main office, the Wackford Community & Aquatic Complex, or the Laguna Town Hall. *Preschool's first month tuition payment is due along with a \$50 non-refundable registration fee at time of registration. Two weeks written notice is required if you decide to drop your child from the program.*



Pre K & Tots



Buddy Bunch

Age 18 – 36 months

Buddy Bunch is a parent participation class that provides opportunities to socialize with others and enjoy art, music, movement, and other age appropriate activities. This is a time for you and your child to explore, discover, create, and play together, while sharing the joys and challenges of raising happy children with other parents. We will provide a variety of parent resource information on a variety of topics. Parents may participate in planning and preparing activities and will bring a snack for the group on a rotation basis.

Elk Grove Rec Center, Classroom 1

Instructor: CSD STAFF

SESSION 1 \$95

#7475 Fri 8/4 - 9/29 9:00 - 10:30 am

#7476 Fri 8/4 - 9/29 10:45 - 12:15 pm

SESSION 2 \$95

#9494 Fri 10/6 - 12/22* 9:00 - 10:30 am

#9495 Fri 10/6 - 12/22* 10:45 - 12:15 pm

*No class 11/10 & 11/24

Toddler Time

Age 2 – 3

Toddler Time introduces toddlers to play in a group setting. Toddlers have an opportunity for many hands-on activities and experiences in an environment conducive to exploration. The teacher will introduce and expose children to a variety of art activities, science exploration, music, and story time. Children will be encouraged to work on self-help skills such as pouring during snack time, helping put toys and manipulatives away, and putting on sweaters or jackets. This is not a parent participation class, but parents are always welcome. Children do not need to be toilet-trained. Children must be 2 by the first day of class. Toddler Time 1st month's tuition payment due at time of registration.

Instructor: CSD STAFF

Elk Grove Rec Center, Classroom 1 \$96*

#8854 M, W 8/2 - 12/20 8:30 - 10:15 am

#8857 M, W 8/2 - 12/20 10:30 - 12:15 pm

Elk Grove Rec Center, Classroom 1 \$104*

#8855 T, Th 8/1 - 12/21 8:30 - 10:15 am

#8856 T, Th 8/1 - 12/21 10:30 - 12:15 pm

*Monthly payments

You & Me Kinder-Art

Age 2½ – 5

You and your little one will have lots of fun at each art station. Stations include the paint station, glue and collage station, craft-of-the-day station, and many more. Please dress in 'play clothes.' A \$20 supply fee is payable to the instructor.

Elk Grove Rec Center, Classroom 10 \$52

Instructor: Aubrey Johnson

#8494 Mon 6/5 - 7/17* 10:00 - 11:00 am

#8495 Mon 7/24 - 8/28 10:00 - 11:00 am

*No class 7/3

Parents and Tots

Age 2 – 4½

This class is designed for parents and toddlers to interact in an educational and nurturing setting. Storytime, freeplay, singing, art projects, and tablettime are included. Class is designed to acquaint children with learning concepts and positive intersocial relationships. \$12 Supply Fee

Laguna Town Hall, East Reception Hall

Instructor: Linda Haran

AGE 2 – 3½ \$27

#8459 Tue 5/23 - 6/13 10:00 - 11:00 am

#8460 Tue 5/23 - 6/13 11:00 - 12:00 pm

AGE 3 – 4½ \$40

#8461 Tue 5/23 - 6/13 12:00 - 1:30 pm

#8462 Tue 5/23 - 6/13 1:30 - 3:00 pm

Baby Signs®

Parent Workshop

With the Baby Signs® Program, babies can use simple signs to let you know what they see, need, and how they feel. Research shows that using signs decreases frustration and helps babies learn to talk sooner. Learn how to get started, effective ways to teach signs, and what to expect as your baby transitions from signs to speech. For a full description of the class, go to www.babysigns.com. A \$30 supply fee is payable to the instructor.

Wackford Community and Aquatic Complex, Willow Room \$25

Instructor: Baby Signs Independent Certified Instructors

#8521 Sat 6/3 2:00 - 4:00 pm

#9659 Sat 8/19 2:00 - 4:00 pm

Baby Signs® Sign, Say & Play

Age 6 – 24 months

Parents and their babies will enjoy 6 weeks of fun-filled play classes with lots of singing, signing, and dancing activities that highlight important developmental skills. Fun activities and parent education topics will stimulate growth in your baby's motor, cognitive, language, literacy, social, and emotional development. For a full description of this class, go to www.babysigns.com. A \$65 supply fee per family is payable to the instructor.

Instructor: Baby Signs Independent Certified Instructors

Laguna Town Hall, Classroom 1 \$70

#8513 Sat 6/10 - 7/15 9:00 - 9:45 am

Wackford Community and Aquatic Complex, Willow Room \$70

#8514 Wed 7/5 - 8/16* 9:30 - 10:15 am

Elk Grove Rec Center, Classroom 10 \$70

#8515 Thu 7/20 - 8/24 9:30 - 10:15 am

Laguna Town Hall, Classroom 1 \$70

#9658 Wed 7/26 - 8/30 6:00 - 6:45 pm

*No class 8/2

Baby Signs® More Sign, Say & Play

Age 6 – 24 months

Designed to follow the Sign, Say & Play™ classes, this second series provides parents with information on how they can support their baby's social and emotional development. Families that have completed the Sign, Say & Play classes will enjoy an additional set of six, theme-based classes during which they will be introduced to a total of 36 new signs. For a full description of this class, go to www.babysigns.com. A \$65 supply fee is payable to the instructor the first day of class for the More Sign, Say & Play Kit.

Instructor: Baby Signs Independent Certified Instructors

Laguna Town Hall, Classroom 1 \$70

#9660 Wed 6/7 - 7/12 7:00 - 7:45 pm

Wackford Community and Aquatic Complex, Willow Room \$70

#9661 Thu 6/8 - 7/13 9:30 - 10:15 am

Laguna Town Hall, Classroom 1 \$70

#9662 Tue 8/1 - 9/12* 6:00 - 6:45 pm

*No class 8/22



Kid Central Headquarters

Kid Central Headquarters Day Camp

Grades K–6

Kid Central Headquarters is a year-round day camp for children currently enrolled in Kindergarten – 6th grades. Kid Central Headquarters will not accept children who have started the 7th grade. The program is structured enough to keep consistency for the participants, but not so structured the children feel like they are in school. Our goal is to provide the children with a secure and comfortable environment. A daily activity schedule is available at the site. Activities include group time, indoor and outdoor games, crafts, cooking projects, free time and swimming (June 12th – August 18th Monday thru Friday for the Youth Center and Tuesdays and Thursdays for Laguna Town Hall). We will provide a mid-morning and afternoon healthy snack for participants.

How to Register

Initial registration must be made in person at the Parks & Recreation Main Office, Laguna Town Hall, or the Wackford Community & Aquatic Complex. Payment in full is required for each session. Mail-in, walk-in, and fax (with credit card) registration will be accepted after the initial registration (no on-line registration).

DAY CAMP

Kid Central Head Quarter (Grades K–6)		EG Youth Center	Laguna Town Hall
5/1 – 5/5	Fiesta Fun	#8092	#8095
5/8 – 5/12	Kids Kitchen	#8093	#8096
5/15 – 5/19	Mad Science	#8094	#8097
5/22 – 5/26	Once Upon A Time	#8127	#8098
5/29 – 6/2*	Extreme Arts and Crafts	#8125	#8124
6/5 – 6/9	Mission: Space Invasion	#8113	#8103
Adventure (Grades K–3)		Challenge (Grades 4–6)	
6/12 – 6/16	Water Fun	Fun in the Sun	#8116 #8104
6/19 – 6/23	Into the Woods	Great Outdoors	#8114 #8105
6/26 – 6/30	Crazy Carnival	Broadway Blast	#8115 #8106
7/3 – 7/7*	America the Beautiful	Red White & Blue Bash	#8126 #8123
7/10 – 7/14	Wacky Olympics	Survivor: Outwit Olympics	#8117 #8107
7/17 – 7/21	Amazing Animals	Art Attack	#8118 #8108
7/24 – 7/28	Into the Blue	Knights of the Round Table	#8119 #8109
7/31 – 8/4	Out of this World	Water World	#8120 #8110
8/7 – 8/11	Wild West Week	Rumble in the Jungle	#8121 #8111
8/14 – 8/18	Arrrr! Buried Treasure	Outrageous Science	#8122 #8112
8/21 – 8/25	Farm Frenzy	Surfs Up	#8164 #8099
8/28 – 9/1	Around the World in 5 days (all one camp this week)		#8101 #8100

*Closed May 29 in observance of Memorial Day & July 4 in observance of Independence Day



Hours of Operation:

7 am – 6 pm, M–F

Two Convenient Locations:

Laguna Town Hall

3020 Renwick Avenue

Youth Center at

Elk Grove Regional Park

9922 Elk Grove-Florin Road

Rates/Time Schedule:

Weekly	\$107	7 am – 6 pm
Daily	\$26	7 am – 6 pm

Field Trips

Grades K-6

Kid Central Headquarters Summer Camp offers a variety of weekly field trips on Wednesdays throughout the summer. All field trips require a separate registration that must be made by the Tuesday before the trip (no registration will be accepted on the day of the trip) at the Main Office, Laguna Town Hall, the Wackford Community & Aquatic Complex or on-line using e-Reg. Only participants registered for the day at one of our KCHQ sites can register for the field trips.

#8202	6/14	Scandia	\$21
#8203	6/21	Sacramento Zoo	\$17
#8204	6/28	Sunsplash	\$28
#8205	7/6	Skate Town (ice skating)	\$19
#8206	7/12	Country Club Lanes	\$21
#8207	7/19	King's Skate & a Movie	\$20
#8208	7/26	Scandia	\$21
#8209	8/2	Granite Arch	\$25
#8210	8/9	Adventure Zone	\$25
#8211	8/16	Sunsplash	\$28

8th Annual Camp Clyde

Memories that will last a lifetime!

Age 9–12

June 26–30, 2006

Camp Ross, Nevada City

\$374/camper (#8316)



Camp Clyde is a fun-filled week-long sleep away camp for campers 9–12 years old who have not started 7th grade. We travel by bus to Camp Ross Relles just outside Nevada City, CA on Monday and return Friday. While at camp activities include crafts, swimming, nature walks, volleyball, swimming, campfires, group game, basketball and a talent show at the end of the week. For more information, call Jennifer Campbell at (916) 405-5330.

Kid Central Station



Hours of Operation

After School* – 6:00 pm

Monday – Friday

**Before school (7 am)
available for 4 schools*

2006/2007 School Year Rates:
(effective July 1, 2006)

Before School \$89/monthly session
After School \$231/monthly session

KCS Session Themes

Year-Round Schedule

May 1 - June 2	Wild, Wild West
June 5 - June 30	Music Mania
July 24 - Aug 18	Jump into Fun
Aug 21 - Sept 15	Sports Frenzy

Traditional Schedule

May 1 - May 31	Wild, Wild West
June 1 - June 9	Music Mania
Aug 28 - Sept 29	Sports Frenzy

Kid Central Station

Before & after school programs:

- **Florence Markofer Elementary**
Follows year-round school calendar.
- **Franklin Elementary**
Follows traditional school calendar.
- **Joseph Sims Elementary**
*Follows year-round school calendar.
Located at the Laguna Town Hall.
Children walk to/from school.*
- **Stone Lake Elementary**
*Follows year-round school calendar.
Located in portable classroom at
Johnson Park.*

After school only programs:

- **Arthur Butler Elementary**
Follows year-round school calendar.
- **John Ehrhardt Elementary**
Follows year-round school calendar.
- **Elk Grove Elementary**
Follows year-round school calendar.
- **Ellen Feickert Elementary**
Follows year-round school calendar.

Before and/or After School Recreation Enrichment Program

Kid Central Station (KCS) is a before and/or after school recreation enrichment program for elementary-aged children. Participants enjoy a variety of pre-planned games, activities and arts & crafts based on a monthly theme, as well as free time and homework time. In partnership with the Elk Grove Unified School District (EGUSD), your child can enjoy a safe and positive environment where he/she can play, laugh, and make new friends.

Initial registration must be made in person at the Parks Administration Office, the Wackford Community & Aquatic Complex, or the Laguna Town Hall. You may register on-line after the initial registration, once the forms are complete. KCS sites do not accept payments.

For registration information, call the Elk Grove CSD Parks & Recreation office at 405-5300, 405-5600, or 684-7550.



Kid Central is a Partnership between
Elk Grove Unified School District &
Elk Grove CSD Parks & Recreation

Kid Central Station provides: Space to learn & play, Space to be safe & secure, Space to create & imagine



Children

Reading Explorers

Age 2 – 5

An interactive class that will foster a love of reading through thematic stories and sing-a-longs. Children are introduced to the joy of group play and will explore their creative side with fun crafts. \$10 supply fee.

Elk Grove Rec Center, Classroom 10 \$40

Instructor: Dawn Gronich

AGE 2 – 3½

#8453 Tue 6/6 - 6/27 9:00 - 10:00 am

#8455 Tue 8/8 - 8/29 9:00 - 10:00 am

AGE 3 – 5

#8456 Tue 6/6 - 6/27 10:15 - 11:15 am

#8458 Tue 8/8 - 8/29 10:15 - 11:15 am

Reading and Writing with Rock Creek

Age 4 – 6

Your child will be introduced to the most important elements required to read, write, and spell. The First Focus program is phonics-based and taught in small groups. A direct teaching approach is used to help children establish proper habits and assure success with each new concept. \$25 supply fee.

Elk Grove Rec Center, Classroom 10 \$120

Instructor: Dawn Bolding

#8366 Fri 7/7 - 8/11 10:00 - 11:30 am

Rockin' Rockets & Aerodynamics

Age 6 – 9

From the earliest flying machines to the first rocket flights, this hands-on program will introduce campers to the basics of space flight. Learn how to build many different flying devices. Apply Newton's Laws of Motion to explain how things move, how rockets fly, and about our amazing Milky Way. Daily take-home projects and your own rocket at week's end make this a fun learning experience.

Laguna Town Hall, Classroom 2 \$165

Instructor: Mad Science Staff

#9844 M-F 7/24 - 7/28 9:00 - 12:00 pm

Mad about Math

Age 9 – 14

This interactive and fun class provides math tutorial to students in the 5th - 8th grade. Topics covered will include, but are not limited to, fractions, decimals, percents, positive/negative numbers, and problem solving. \$10 supply fee.

Laguna Town Hall, Classroom 2 \$80

Instructor: Lorna Wise

#8641 Tue 6/6 - 8/1* 6:00 - 7:00 pm

*No class 7/4

Garden Safari

Age 4 – 6

Make a project each day in this half-day camp, designed specifically for preschoolers. There will be a different topic each week day: Soil and Seeds; Sun, Wind and Rain; Plants and Leaves; Flowers, Fruits, Butterflies, Bees and Ladybugs.

Wackford Community and Aquatic Complex, Poppy Room B \$165

Instructor: Mad Science Staff

#9846 M-F 8/21 - 8/25 9:00 - 12:00 pm

Mad Lab

Age 7 – 12

Explore the laboratory of a Mad Scientist up close. Mad Science classes spark creativity and imaginative learning as children apply fundamental principle of science. The hands-on minds-on based techniques used will support your young scientist as they explore the worlds of chemistry, radical reactions, magic potions, mad messages, and more.

Laguna Town Hall, Classroom 2 \$165

Instructor: Mad Science Staff

#9845 M-F 7/24 - 7/28 1:00 - 4:00 pm

Red Hot Robots

Age 6 – 12

Discover the science of circuits and how robots use sensors to explore things around them. Build your very own working robot to take home with you. Robot selection changes each year. Daily take-home projects enhance your learning experience. An additional \$30 material fee is payable at the first class.

Wackford Community and Aquatic Complex, Poppy Room B \$165

Instructor: Mad Science Staff

#9843 M-F 8/21 - 8/25 1:00 - 4:00 pm

Robot Challenge

Age 8 – 11

Create a wrestling robot, then re-engineer it to be a battlebot. Build a walking bug and bring it to life! Design and build all sorts of motorized creations. Familiarity with LEGO Technic is desirable. This class is not affiliated with the LEGO group.

Wackford Community and Aquatic Complex, Willow Room \$177

Instructor: Play-Well Technologies Staff

#9848 M-F 7/31 - 8/4 1:00 - 4:30 pm



Pre-Engineering

Age 5 – 6

Use Lego products to build a town, city, or star base with houses, buildings, pyramids, bridges, tunnels, towers, and more. Build motorized cars, trains, buses, and trucks; race them; crash them; repair them; improve them. Explore the many possibilities of LEGO building systems while learning useful construction techniques and basic science. New projects are continually being added for returning students. This class is not affiliated with the LEGO group. Please bring a healthy snack.

M-Th: Laguna Town Hall, Classroom 2, Fri: Wackford Community and Aquatic Complex, Willow Room \$162

Instructor: Play-Well Technologies Staff

#9402 M-F 6/19 - 6/23 9:30 - 12:30 pm

Engineering Fundamentals

Age 7 – 12

LEGO products will be used to teach engineering to kids. Design and build motorized machines, catapults, pyramids, demolition derby cars, truss and suspension bridges, buildings and other constructions (projects will vary). Explore concepts in physics, mechanical engineering, structural engineering and architecture while playing with your favorite creations. This is a hands-on and minds-on class suitable for LEGO Technic novices to maniacs. New projects are continually being added for returning students. This class is not affiliated with the LEGO group.

Instructor: Play-Well Technologies Staff

M-Th: Laguna Town Hall, Classroom 2, Fri: Wackford Community and Aquatic Complex, Willow Room \$177

AGE 7 – 9

#7372 M-F 6/19 - 6/23 1:00 - 4:30 pm

Wackford Community and Aquatic Complex, Willow Room \$177

AGE 9 – 12

#9401 M-F 7/31 - 8/4 9:00 - 12:30 pm

Children



Introduction to Martial Arts

Age 6+

An introductory level class that combines the ancient martial arts styles of Karate and Jujitsu. Learn self control and build confidence in your abilities. Our goal is to provide a fun learning environment where students develop the skills to face challenges in life.

Pavilion, Elk Grove Park \$38

Instructor: Chuck Saxton

#8628	Wed	6/7 - 6/28	6:30 - 7:30 pm
#8629	Wed	7/5 - 7/26	6:30 - 7:30 pm
#8630	Wed	8/2 - 8/23	6:30 - 7:30 pm

Kids Self-Defense & Safety

Age 5 - 13

In this class you will learn basic self-defense skills and techniques. Instructor will cover different issues on safety. Parents are invited to watch or assist in class on a rotating basis. \$30.00 optional uniform and \$7.00 optional belt advancement.

Instructor: Kidsafe Staff

Wackford Community & Aquatic Complex, Willow Room \$60

AGE 5 - 7

#8437	Sat	6/24 - 8/26	10:00 - 10:40 am
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AGE 8 - 13

#8438	Sat	6/24 - 8/26	10:45 - 11:25 am
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Wackford Community & Aquatic Complex, Poppy Room \$60

AGE 5 - 13, YELLOW BELT

#8439	Sat	6/24 - 8/26	11:30 - 12:10 pm
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AGE 5 - 13, ORANGE BELT

#9911	Sat	6/24 - 8/26	12:15 - 12:55 pm
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Kids Jeet Kune Do

Age 5 - 12

Come and learn the martial art that Bruce Lee developed. This class focuses on discipline, respect, self defense, confidence, fitness, and fun.

Wackford Community and Aquatic Complex, Poppy Room B \$42

Instructor: Shannon Newman

BEGINNING

#8540	M,W	6/7 - 7/3	5:45 - 6:25 pm
#8541	M,W	7/5 - 7/31	5:45 - 6:25 pm
#8542	M,W	8/2 - 8/28	5:45 - 6:25 pm

INTERMEDIATE

#8545	M,W	6/7 - 7/3	6:30 - 7:10 pm
#8546	M,W	7/5 - 7/31	6:30 - 7:10 pm
#8547	M,W	8/2 - 8/28	6:30 - 7:10 pm

Taekwondo Tots

Age 2 - 3

The course is designed to develop coordination, balance, attention span, and basic Taekwondo movements, in a fun, structured environment. Parents must attend class with their child. Any special needs should be addressed with the instructor before class begins.

Wackford Community and Aquatic Complex, Poppy Room \$27

Instructor: Kidsafe Staff

#8443	Sat	6/24 - 7/15	8:30 - 9:00 am
#8444	Sat	6/24 - 7/15	9:15 - 9:45 am
#8445	Sat	7/22 - 8/12	8:30 - 9:00 am
#8446	Sat	7/22 - 8/12	9:15 - 9:45 am
#8447	Sat	8/19 - 9/9	8:30 - 9:00 am
#8448	Sat	8/19 - 9/9	9:15 - 9:45 am

Kinder Taekwondo

Age 4 - 6

Increase coordination, self-esteem, conflict resolution, and social interaction skills, in addition to learning the fundamentals of Taekwondo/Karate for self defense. Special emphasis will be placed on the virtues of courtesy, self discipline, self control, and respect for others. A \$40 uniform fee is payable to the instructor.

Laguna Town Hall, Classroom 2 \$75

Instructor: Robinson's Taekwondo Staff

BEGINNING

#8611	M,W	6/7 - 7/3	5:00 - 5:45 pm
#8612	M,W	7/5 - 7/31	5:00 - 5:45 pm
#8613	M,W	8/2 - 8/28	5:00 - 5:45 pm

WHITE BELT WITH YELLOW STRIPE

#8614	M,W	6/7 - 7/3	5:45 - 6:30 pm
#8615	M,W	7/5 - 7/31	5:45 - 6:30 pm
#8616	M,W	8/2 - 8/28	5:45 - 6:30 pm

Junior Taekwondo

Age 7 - 13

Designed to promote muscular development, improve coordination and flexibility, and familiarize students with the fundamental Taekwondo exercises and techniques for self defense skills. Non-competitive format - students advance on their individual abilities. A \$40 uniform fee is payable to the instructor.

Laguna Town Hall, Classroom 2 \$75

Instructor: Robinson's Taekwondo Staff

#8606	M,W	6/7 - 7/3	6:30 - 7:15 pm
#8607	M,W	7/5 - 7/31	6:30 - 7:15 pm
#8608	M,W	8/2 - 8/28	6:30 - 7:15 pm

Universal Tang Soo Do

Age 7+

Tang Soo Do will help teach young/old students alike by developing self-confidence, control, respect and discipline. Students will be taught basic stances, blocking, kicks, striking techniques and combine boxing movements to give students a full body workout. This class is designed as an ongoing program where students have the option to test and earn the ranks.

Wackford Community and Aquatic Complex, Willow Room \$65

Instructor: Danilo Ceralde

BEGINNING

#8395	M,W	6/5 - 8/30*	6:30 - 7:20 pm
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INTERMEDIATE

#8396	M,W	6/5 - 8/30*	7:25 - 8:25 pm
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ADVANCED

#8397	M,W	6/5 - 8/30*	8:30 - 9:30 pm
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*No class 7/3 & 7/5

Karate

Age 6 - 14

Students learn to be the best at anything they do, while building self-confidence. Class includes aspects of Kyokoshinkai Karate, Hung-gar Kung Fu, and Aiki Jujitsu.

Instructor: School of Tiger Staff

BEGINNING

Elk Grove Rec Center, Classroom 9 \$42

#8579	T,Th	6/1 - 6/27	5:30 - 6:30 pm
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Elk Grove Rec Center, Classroom 10 \$42

#8580	T,Th	6/29 - 7/27	5:30 - 6:30 pm
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#8581	T,Th	8/1 - 8/24	5:30 - 6:30 pm
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Wackford Community and Aquatic Complex, Valley Oak Ballroom \$42

#8582	M,W	5/31 - 6/26	5:00 - 6:00 pm
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#8583	M,W	6/28 - 7/24	5:00 - 6:00 pm
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#8584	M,W	7/31 - 8/21	5:00 - 6:00 pm
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INTERMEDIATE

Elk Grove Rec Center, Classroom 9 \$42

#8595	T,Th	6/1 - 6/27	6:30 - 7:30 pm
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Elk Grove Rec Center, Classroom 10 \$42

#8596	T,Th	6/29 - 7/27	6:30 - 7:30 pm
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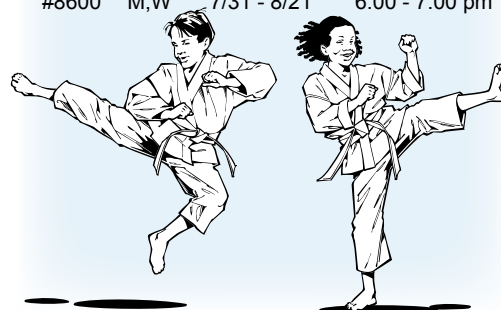
#8597	T,Th	8/1 - 8/24	6:30 - 7:30 pm
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Wackford Community and Aquatic Complex, Valley Oak Ballroom \$42

#8598	M,W	5/31 - 6/26	6:00 - 7:00 pm
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#8599	M,W	6/28 - 7/24	6:00 - 7:00 pm
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#8600	M,W	7/31 - 8/21	6:00 - 7:00 pm
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Children

Pee Wee Open Gym

Age 2 – 6

Looking for new things to do with your child? This supervised, non-instructional play time is the answer. Register at the door. Parents are required to stay and participate with their child. Toddlers under age 2 enter for free. Activities will include basketball, soccer, hula hoops, mats, tunnels, and more. Don't miss out on the fun with your child!

Wackford Community and Aquatic Complex, Gym **\$3/visit**

Tu/W June & August 11:00 - 1:00 pm

Pre-Basic Gym

Age 6 – 7 years 11 months

Children learn beginning tumbling, balance beam, vault, and trampoline (similar to Basic 1 Gymnastics, but designed for 6-7 year olds). A \$3 supply fee is payable to the instructor at the first class.

Byers Gymnastic Bond Rd, Gymnasium **\$55**

Instructor: Byers Gym Staff

#8704	Tue	5/23 - 6/27	3:10 - 3:55 pm
#8705	Fri	5/26 - 6/30	5:00 - 5:45 pm
#8706	Tue	7/11 - 8/15	3:10 - 3:55 pm
#8707	Fri	7/14 - 8/18	5:00 - 5:45 pm

Basic Gym

Age 8 – 11

Designed to develop coordination and teach beginning tumbling, vault, bars, beam and trampoline. A \$3 supply fee is payable to the instructor at the first class.

Byers Gymnastic Bond Rd, Gymnasium **\$55**

Instructor: Byers Gym Staff

#8637	Fri	5/26 - 6/30	4:00 - 4:45 pm
#8638	Fri	7/7 - 8/11	4:00 - 4:45 pm

Parent Participation Gym

Age walking up to 2 years 11 months

Parent and child participate together in this movement exploration class, emphasizing rolling, climbing, and hanging. Only one child per adult. CHILD MUST BE ABLE TO WALK. A \$3 supply fee is payable to the instructor at the first class.

Byers Gymnastic Bond Rd, Gymnasium **\$55**

Instructor: Byers Gym Staff

#8687	Tue	5/23 - 6/27	11:50 - 12:35 pm
#8688	Wed	5/24 - 6/28	10:40 - 11:25 am
#8689	Fri	5/26 - 6/30	4:55 - 5:40 pm
#8690	Fri	5/26 - 6/30	5:45 - 6:30 pm
#8691	Tue	7/11 - 8/15	11:50 - 12:35 pm
#8692	Wed	7/12 - 8/16	10:40 - 11:25 am
#8693	Fri	7/14 - 8/18	4:55 - 5:40 pm
#8694	Fri	7/14 - 8/18	5:45 - 6:30 pm

Tot Gym

Age 3 – 3 years 11 months

A structured motor skill exploration class that helps to develop coordination, various gymnastic movements and activities. Parents DO NOT participate. A \$3 supply fee is payable to the instructor at the first class.

Byers Gymnastic Bond Rd, Gymnasium **\$55**

Instructor: Byers Gym Staff

#8696	Tue	5/23 - 6/27	11:00 - 11:45 am
#8697	Wed	5/24 - 6/28	9:00 - 9:45 am
#8698	Wed	5/24 - 6/28	11:30 - 12:15 pm
#8699	Tue	7/11 - 8/15	11:00 - 11:45 am
#8701	Wed	7/12 - 8/16	9:00 - 9:45 am
#8702	Wed	7/12 - 8/16	11:30 - 12:15 pm
#8703	Wed	7/12 - 8/16	11:30 - 12:15 pm

Kinder Gym

Age 4 – 5 years 11 months

Children are introduced to the balance beam, bars, vault, and trampoline. Classes will improve muscle coordination and motor development. A \$3 supply fee is payable to the instructor at the first class.

Byers Gymnastic Bond Rd, Gymnasium **\$55**

Instructor: Byers Gym Staff

#8656	Tue	5/23 - 6/27	11:30 - 12:15 pm
#8657	Tue	5/23 - 6/27	12:40 - 1:25 pm
#8658	Wed	5/24 - 6/28	9:50 - 10:35 am
#8659	Wed	5/24 - 6/28	1:45 - 2:30 pm
#8660	Tue	7/11 - 8/15	11:30 - 12:15 pm
#8661	Tue	7/11 - 8/15	12:40 - 1:25 pm
#8662	Wed	7/12 - 8/16	9:50 - 10:35 am
#8663	Wed	7/12 - 8/16	1:45 - 2:30 pm

Hurdles, Leaps, & Bounds Adapted

Age 3 – 11

This adaptive program is designed for children with disabilities. A parent and child participate together in this movement exploration class, emphasizing rolling, climbing, and hanging. Only one child per adult. A \$3 supply fee is payable to the instructor at the first class.

Byers Gymnastic Bond Rd, Gymnasium **\$55**

Instructor: Byers Gym Staff

AGE 3 – 4

#8645	Fri	5/26 - 6/30	1:00 - 1:45 pm
#9807	Fri	7/14 - 8/18	1:00 - 1:45 pm

AGE 5 – 7

#8647	Fri	5/26 - 6/30	2:00 - 2:45 pm
#9808	Fri	7/14 - 8/18	2:00 - 2:45 pm

AGE 8 – 11

#9809	Fri	5/26 - 6/30	3:15 - 4:00 pm
#9810	Fri	7/14 - 8/18	3:15 - 4:00 pm

Baton Twirling

Age 5 – 10

Learn basic baton twirling and dance techniques taught by a two-time world champion. This class provides an excellent opportunity for children to improve coordination, rhythm, and dance moves! Beginning Level 1 is designed for first-time students. You may purchase a baton for \$25 from the instructor on the first day of class.

Pavilion, Elk Grove Park

Instructor: Kellie Donovan

BEGINNING **\$64**

#9819	Tue	4/25 - 6/20*	6:00 - 6:45 pm
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INTERMEDIATE **\$90**

#9820	Tue	4/25 - 6/27*	6:45 - 7:45 pm
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ADVANCED **\$90**

#9821	Tue	4/25 - 6/27 *	7:45 - 8:45 pm
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*No class 6/6

Cheerleading

Age 5 – 13

Children will learn basic cheer moves and routines. Each week a new cheer will be introduced. At the end of the session there will be an in-class performance for parents. An optional uniform is available for purchase from instructor.

Wackford Community and Aquatic Complex, Poppy Room **\$60**

Instructor: Kidsafe Staff

AGE 5 – 7

#8431	Sat	6/24 - 8/26	10:00 - 10:40 am
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AGE 8 – 13

#8432	Sat	6/24 - 8/26	10:45 - 11:25 am
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Jr. Yoga

Age 8 – 12

Explore the delightful practices of yoga in a fun and safe environment. Exercises will include a combination of postures, breath, movement, and creative games. Children will experience the benefits of yoga, while having a great time! Please bring a yoga mat to class.

The Yoga Connection, Studio **\$30**

Instructor: Jackie Macres

#8342	Tue	6/13 - 6/27	4:30 - 5:15 pm
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#8344	Tue	7/11 - 7/25	4:30 - 5:15 pm
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Acting Up Just for the Fun of it!

Age 7 – 13

Come join in the fun by 'Acting Up' with theater games and activities. Focus on self-expression and freedom of movement through original monologues and commercials, short scenes and skits, and puppet play and song.

Laguna Town Hall, Classroom 1 \$25

Instructor: Carolyn Martin

#8511 Wed 6/21 - 7/19* 5:15 - 6:15 pm

*No class 7/5

Staging Fun & More

Age 7 – 15

Acting and singing on the stage can be part of your life!! Join our friendly group of actors who are ready to take on the challenges and excitement of live theater. You will have fun while becoming more creative and confident. A \$10 production fee payable to instructor.

Laguna Town Hall, Reception Hall \$85

Instructor: Carolyn Martin

#8512 M, W 6/19 - 7/26* 3:30 - 5:10 pm

*Performance 7/28, no class 7/3 & 7/5

Mind Your Manners

Age 5 – 11

Discover basic social graces including table manners, restaurant manners and etiquette, social introductions, greetings, telephone etiquette and more. Role playing activities will make learning fun and lasting. Classes will culminate in a tea party.

Wackford Community & Aquatic Complex, Poppy A \$30

Instructor: Tayna Pimenta

Ages 5 to 6

#9857 Thu 6/29 - 7/13 4:00 - 4:30 pm

Ages 7 to 11

#9858 Thu 6/29 - 7/13 4:30 - 5:15 pm

Signing for Kids

Age 7 – 13

Let your eyes become your ears, and your hands become your voice in this fun interactive class. Kids will be introduced to the basics of conversational sign language through games, videos, and "hands on" activities. Classes are taught by a certified Sign Language Interpreter.

Wackford Community and Aquatic Complex, Poppy Room A \$20

Instructor: William Sylliaasen

#9578 M-F 6/26 - 6/30 1:00 - 3:00 pm

Guitar for Kids

Age 8 – 12

Learn the basics of guitar playing. Students will learn how to read music and play basic chords with fun, popular songs. So dust off your guitar and join us! A \$10 supply fee (includes instructional book) is payable to the instructor. Students must provide own guitar.

Wackford Community and Aquatic Complex, Poppy Room A \$80

Instructor: Steve Dunne

#8424 Mon 6/5 - 7/17* 7:30 - 8:30 pm

#8425 Mon 7/24 - 9/11* 7:30 - 8:30 pm

*No class 7/3, 7/31, & 9/4

Piano Lessons with Simply Music

Age 7 – 15

A piano and keyboard program that has beginning students playing great sounding pop, blues, classical and accompaniment pieces—immediately—from their first lessons. This unique system uses a 'playing-based' approach and produces unprecedented results. A \$38 supply fee is payable to the instructor.

Laguna Town Hall, Classroom 1 \$150

Instructor: Sharissa Delgado

LEVEL 1

#8417 Mon 6/19 - 8/14* 3:30 - 4:20 pm

#8418 Mon 6/19 - 8/14* 4:30 - 5:20 pm

LEVEL 2

#8419 Mon 6/19 - 8/14* 5:30 - 6:20 pm

*No class 7/3

Voice Theory & Technique

Age 6 – 13

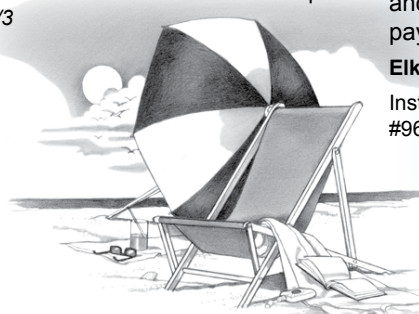
You and I will work together to further learn and enhance your vocal skills. Together we will learn the history of singing, different vocal styles, and basic music notation. Students will learn to work with accompanists and develop performance skills. No experience required. \$5 supply fee payable to instructor.

Elk Grove Rec Center, Classroom 10 \$75

Instructor: Kristin Craig

#8398 Mon 6/5 - 8/28* 4:00 - 5:30 pm

*No class 7/3



Study Skills

Age 9 – 14

Designed for students in grades 4th thru 8th, who have a strong foundation in reading and math. Students will discuss effective study habits. Students will discover the best environment to study and learn to understand textbooks, take notes in class, strategies to remember important information, and how to understand visual aids. This class will give your child the confidence to be successful in the classroom and in life. \$30 supply fee payable to the instructor in class.

Wackford Community and Aquatic Complex, Willow Room \$216

Instructor: KnowledgePoints Staff

#8496 M, W 6/19 - 7/26 4:00 - 5:00 pm

Our Time by Kindermusik Zoo Train

Age 18 months – 3 years

All aboard for a fantastic adventure, one sure to stimulate your toddler's imagination, coordination, and ability to learn more words. Tag along with Allee-Allee-O, the traveling zoo train. Learn about real animals, and sing songs in a new language. A \$50 supply fee is payable to the instructor at the first class.

Elk Grove Rec Center, Classroom 10 \$75

Instructor: Kathy Goodman

#9630 Thu 6/1 - 6/29 10:00 - 10:45 am

Imagine That by Kindermusik on the Road

Age 3 – 5

Come with us as we take imaginary trips to summer vacation locations such as the carnival, a summer cottage, and the beach. This all takes place through music, stories, snacks and crafts. This camp makes the most of a preschooler's burgeoning imagination and ability to learn more words and solve problems. A \$50 supply fee is payable to the instructor at the first class.

Elk Grove Rec Center, Classroom 10 \$100

Instructor: Kathy Goodman

#9627 Thu 6/1 - 6/29 11:00 - 12:00 pm

Children

Ballet/Jazz/Tap Combo

Age 3 – 5

Class includes instruction in Ballet, Tap and Jazz. Basic skills are repeated each week to develop a strong foundation for young dancers. Students need dance attire, pink ballet shoes for girls, black ballet shoes for boys, and black tap shoes for all.

Instructor: Luma Motion Academy Staff

AGE 3 – 5

Wackford Community and Aquatic Complex, Poppy Room A \$45

#8648	Mon	6/5 - 7/17*	10:00 - 10:50 am
#8649	Mon	6/5 - 7/17*	4:00 - 4:50 pm
#8651	Tue	6/6 - 7/18*	5:00 - 5:50 pm
#8652	Wed	6/7 - 7/19*	4:00 - 4:50 pm
#8664	Mon	7/24 - 8/28	10:00 - 10:50 am
#8665	Mon	7/24 - 8/28	4:00 - 4:50 pm
#8667	Tue	7/25 - 8/29	5:00 - 5:50 pm
#8668	Wed	7/26 - 8/30	4:00 - 4:50 pm

Elk Grove Rec Center, Classroom 10 \$45

#8654	Sat	6/10 - 7/22*	9:00 - 9:50 am
#8655	Sat	6/10 - 7/22*	10:00 - 10:50 am
#8670	Sat	7/29 - 9/2	9:00 - 9:50 am
#8671	Sat	7/29 - 9/2	10:00 - 10:50 am

AGE 5 – 7

Wackford Community and Aquatic Complex, Poppy Room A \$45

#8650	Mon	6/5 - 7/17*	5:00 - 5:50 pm
#8653	Fri	6/9 - 7/21*	4:00 - 4:50 pm
#8666	Mon	7/24 - 8/28	5:00 - 5:50 pm
#8669	Fri	7/28 - 9/1	4:00 - 4:50 pm

*No class 7/1, 7/3, 7/4, 7/5, & 7/7

Hip Hop Cheer

Age 5 – 14

The Kidsafe Hip Hop/Cheer class is an extension of the Kidsafe cheerleading class. This class will focus on the dance aspect of cheerleading, emphasizing hip hop dance, and other half time routines. Classes are age appropriate, with opportunities for advancement.

Laguna Town Hall, Classroom 2 \$50

Instructor: Kidsafe Staff

AGE 5 – 8

#8435	Thu	6/22 - 8/24	5:15 - 5:55 pm
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AGE 9 – 14

#8436	Thu	6/22 - 8/24	6:00 - 6:40 pm
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Hip Hop Funk

Age 6 – 12

Come get your groove on with this fun dance style that is sweeping the nation! Learn a short combination each week to the sounds of your favorite radio hits! Guaranteed to get you moving! Please wear dance attire or comfortable street wear, along with sneakers.

Wackford Community and Aquatic Complex, Poppy Room A \$45

Instructor: Luma Motion Academy Staff

AGE 6 – 12 GIRLS

#8672	Mon	6/5 - 7/17*	6:00 - 6:50 pm
#8675	Mon	7/24 - 8/28	6:00 - 6:50 pm

AGE 6 – 12 BOYS

#8673	Wed	6/7 - 7/19*	7:00 - 7:50 pm
#8676	Wed	7/26 - 8/30	7:00 - 7:50 pm

AGE 8 – 11 CO-ED

#8674	Fri	6/9 - 7/21*	6:00 - 6:50 pm
#8677	Fri	7/28 - 9/1	6:00 - 6:50 pm

*No class 7/3, 7/6, & 7/7

Serendipity Dance

Age 3 – 5

A creative, whimsical class where young dancers develop rhythm, coordination, and poise! Basic locomotor movements and ballet concepts are taught within a creative structure. Students need dance attire, pink ballet shoes for girls, and black ballet shoes for boys.

Wackford Community and Aquatic Complex, Poppy Room A \$45

Instructor: Luma Motion Academy Staff

#8680	Tue	6/6 - 7/18*	4:00 - 4:50 pm
#8681	Wed	6/7 - 7/19*	10:00 - 10:50 am
#8682	Fri	6/9 - 7/21*	9:00 - 9:50 am
#8683	Tue	7/25 - 8/29	4:00 - 4:50 pm
#8684	Wed	7/26 - 8/30	10:00 - 10:50 am
#8685	Fri	7/28 - 9/1	9:00 - 9:50 am

*No class 7/4, 7/5, & 7/7

Serendipity II

Age 3 – 5

Has your child participated in Serendipity Dance? Are they ready for all new games? This class will introduce basic dance steps, while the children learn short dance routines. Students need pink ballet shoes for girls and black ballet shoes for boys. Please wear dance attire.

Elk Grove Rec Center, Classroom 10 \$45

Instructor: Luma Motion Academy Staff

#8686	Sat	6/10 - 7/22*	11:00 - 11:50 am
#8695	Sat	7/29 - 9/2	11:00 - 11:50 am

*No class 7/1

Twinkle Toes Production

Age 3 – 5

This class is designed for the budding 'star!' If your little one loves movement games, dance and most of all an audience, this class is for you. The class will introduce dancers to Tap, Jazz and Ballet, while also preparing a routine that can be performed at local community events. \$60 costume fee.

Wackford Community and Aquatic Complex, Poppy Room A \$50

Instructor: Luma Motion Academy Staff

#9813	Wed	6/7 - 7/19*	9:00 - 9:50 am
#9814	Wed	7/26 - 8/30	9:00 - 9:50 am

*No class 7/5

Luma Stars Production

Age 5 – 12

This class is designed for the intermediate/advanced level dancer and encompasses Tap, Jazz and Ballet. There is a strong emphasis on performance. Class meets twice per week to allow additional time for skill building/progression as well as an opportunity for the dancers to learn and perfect a number of routines to showcase at local community events. There will be a minimum of six performance opportunities throughout the year. Instructor's approval is required for enrollment. \$60 costume fee.

Wackford Community and Aquatic Complex, Poppy Room A \$63

Instructor: Luma Motion Academy Staff

AGE 5 – 8

#9815	W, F	6/7 - 7/21*	5:00 - 5:50 pm
#9817	W, F	7/26 - 9/1	5:00 - 5:50 pm

AGE 9 – 12

#9816	Tu, W	6/6 - 7/19*	6:00 - 6:50 pm
#9818	Tu, W	7/25 - 8/30	6:00 - 6:50 pm

*No class 7/4, 7/5, & 7/7

Beginning Polynesian Dance

Age 4 – 12

E Komo Mai! Welcome to the magical world of Polynesia! Learn basic instruction in Hula Kahiko (traditional) and Hula Auana (modern). This class will follow the protocol of traditional hula classes. Please wear comfortable clothes. 'Aloha!' A \$10 supply fee is payable to the instructor. Class is limited to 30 participants.

Laguna Town Hall, Classroom 2 \$35

Instructor: Rhoda LeiMomi Mabanta

#8505	Sat	6/3 - 6/24	9:00 - 9:50 am
#8506	Sat	8/5 - 8/26	9:00 - 9:50 am

Children



Introduction to Chinese Brush Arts

Age 7+

Discover the four treasures of the Chinese studio, and turn the treasures into arts. Learn the basic techniques of Chinese brush, and create your own Chinese style painting. A \$5 supply fee is payable to the instructor at class (\$24 optional tool set).

**Wackford Community and Aquatic Complex,
Willow Room \$36**

Instructor: Julia Jaw

#8474 M-F 7/10 - 7/14 12:30 - 2:00 pm



The Many Forms of a Tortilla

Age 7 - 12

Children will have fun learning the history of tortillas, as well as making them. Children will enjoy a Mexican feast of their own creation as they make quesadillas, taquitos, tacos, and more. A \$15 supply fee is payable to the instructor at the class.

Youth Center, Elk Grove Park \$20

Instructor: Graciela Alcazar

#9394 Thu 8/3 6:30 - 8:30 pm

Kids Can Draw & Paint

Age 6 - 12

Children learn basic drawing and painting techniques with professional artist Yvonne Bonacci, using a variety of media, while stressing composition and design. A \$3 supply fee is payable to the instructor at the first class.

**Wackford Community and Aquatic Complex,
Poppy Room B \$28**

Instructor: Yvonne Bonacci

#8368 Wed 6/7 - 6/28 3:30 - 4:30 pm

#8369 Wed 6/7 - 6/28 4:30 - 5:30 pm

#8370 Thu 6/1 - 6/29* 3:30 - 4:30 pm

#8371 Wed 7/12 - 8/2 3:30 - 4:30 pm

#8372 Wed 7/12 - 8/2 4:30 - 5:30 pm

#8373 Thu 7/13 - 8/10* 3:30 - 4:30 pm

*No class 6/15, 7/27

Adventures in Drawing

Age 8+

Venture into the field of drawing, and transform simple objects into dramatic works of art. Learn about the contour of an object, basic shading, texture, and proportion, in a fun and encouraging environment. A \$4 supply fee is payable to the instructor at the first class.

**Wackford Community and Aquatic Complex,
Willow Room \$36**

Instructor: Julia Jaw

#8472 M-F 7/10 - 7/14 2:15 - 3:30 pm

Kids Oil Painting

Age 8+

Children learn the basics of oil painting, including composition, perspective, color mixing and the use of various brushes. A \$4 supply fee is payable to instructor at the first class.

Elk Grove Rec Center, Classroom 10 \$28

Instructor: Lesley Ostman

#8552 Tue 6/6 - 6/27 3:30 - 5:15 pm

#8553 Tue 7/11 - 8/1 3:30 - 5:15 pm

Knitting with Kids

Age 9+

A fun class for kids where they make a fabulous knit hat. Knitting is a great take along hobby that kids can do in the car, waiting at the doctor's office or at a restaurant. This is a 'quiet time' friendly hobby that encourages creativity and attention to detail. A \$31 supply fee is payable to the instructor at the first class.

Knitique, 8741 Elk Grove Blvd. \$30

Instructor: Danielle Bowen

#9768 Fri 7/7 - 7/14 10:00 - 11:30 am

Edible Art

Age 6 - 12

Hey, kids... did you ever want to play with your food? Well, here's your chance to have some fun and eat it too! Not only will you learn how to create pretty art but get to eat it! Imagine painting a cookie or decorating a dessert pizza. Prepare to bring out the artist in you. A \$15 supply fee is payable to the instructor.

Youth Center, Elk Grove Park \$15

Instructor: Eileen Beltran

#9396 Sat 6/24 11:00 - 1:00 pm

#9397 Sat 8/12 11:00 - 1:00 pm

Cooking a Family Feast

All ages

Want to get the whole family involved in creating meals everyone will enjoy? This hands-on class allows parents and kids to enjoy time together while preparing a great meal. Learn great recipes and bring your appetite! A \$15 supply fee is payable to the instructor in class.

Youth Center, Elk Grove Park \$15

Instructor: Eileen Beltran

#9395 Sat 7/15 11:00 - 2:00 pm

New!

New!

Let's Get Cooking

Age 9 - 13

Spend some fun time with your little chef in the kitchen with Chef Joyce. We'll make nutritional food with everyday ingredients. Pita pizzas with kid toppings: 'Invisible' vegetable-laced pizza sauce, grated cheese, olives, (onions, mushrooms and peppers for mom/dad) and/or pepperoni. Homemade macaroni and cheese laced with 'invisible vegetables.' Homemade chicken, potato, and carrot nuggets that are baked in the oven, served with 'BBQ Sauce' on the side. Apple crumble made with butter, egg white, ground oat flour, sweetened with maple syrup, sprinkled with cinnamon and sugar and baked in the oven. Served with whipped cream. Parents/kids can eat what they make.

**Wackford Community and Aquatic Complex,
Kitchen \$60**

Instructor: Joyce Cunha

#9754 Tue 7/18 6:00 - 8:45 pm

Cookie Decorating

Age 5+

In this fun hands-on class students will learn different techniques to decorate cookies. At the end of class each student will take home several cookies decorated and packaged for giving to that special someone. There is a \$10 supply fee payable to the instructor.

Laguna Town Hall, Classroom 2 \$15

Instructor: Aubrey Johnson

#8476 Tue 6/27 4:00 - 5:30 pm





Children

Spanish for Kids

Age 7+

Children will develop listening and speaking proficiency in the Spanish language by participating in a combination of fun activities including making tortillas, playing traditional Mexican games, and reading literature. The class ends with a piñata party. A \$15 supply fee is payable to the instructor. Parent participation is encouraged.

Wackford Community and Aquatic Complex, Poppy Room B \$50

Instructor: Graciela Alcazar

#8362 Mon 6/19 - 7/31 4:15 - 5:15 pm
#8363 Wed 6/21 - 8/2 10:00 - 11:00 am

Princess Pajama Party

Age 5 - 12

Princesses will make tiara's, magic wands, and princess body glitter, decorate Cinderella's shoe, play princess games, and enjoy tea (apple juice). We will make princess pizzas and decorate our own princess cupcakes. A \$12 supply fee is payable at class. Please wear your pajamas and slippers to class!

Wackford Community and Aquatic Complex, Poppy Room B \$15

Instructor: Aubrey Johnson

#8482 Fri 7/28 6:00 - 8:30 pm

Kid's Night Out!

Age 5 - 12

Or is it parents night out?... You be the judge. Children will have an eventful evening while parents spend a night out or a quiet evening. During our safe and fun night we will make a craft, our own dinner (pizza), and a fun sundae. We will play games and end the evening with a movie. This event will take place only once a month so take advantage of it. Space is limited.

Wackford Community and Aquatic Complex, Poppy Room B \$25

Instructor: Aubrey Johnson

#8478 Fri 5/12 6:00 - 11:00 pm
#8479 Fri 6/9 6:00 - 11:00 pm
#8480 Fri 7/14 6:00 - 11:00 pm
#8481 Fri 8/11 6:00 - 11:00 pm

Scrapbooking for Kids

Age 6 - 12

Capture your child's memories in a 9 x 9 scrapbook that has special meaning to them. Kids will focus on a single theme or holiday with fill-in-the-blank journaling pages. A \$15 supply fee payable to the instructor at the start of class.

Laguna Town Hall, Classroom 1 \$10

Instructor: Tara Kraemer

#8498 Thu 7/20 5:30 - 6:30 pm

Horsing Around

Age 8 - 17

This fun course uses hands-on horse care and equine body language techniques to teach proficiency on horseback. Children who interact with horses develop leadership skills and responsibility. Hard-soled boots with a low heel (no sneakers) and comfortable pants required. Safety helmets supplied. A \$5 supply fee is payable to the instructor.

Epona Farms Riding Academy, Stables \$160

Instructor: Catriona Watson

#8335 Tue 6/6 - 7/11* 6:30 - 7:30 pm
#8336 Tue 7/18 - 8/15 6:30 - 7:30 pm

*No class 7/4

Pee Wee Pony School

Age 4 - 7

Using games and fun activities, children work in pairs with team leaders to learn to handle and care for ponies with confidence. Some lead-only riding time. Hard-soled boots with a low heel (no sneakers) and comfortable pants required. Safety helmets supplied. A \$5 supply fee is payable to the instructor.

Epona Farms Riding Academy, Stables \$80

Instructor: Catriona Watson

#8337 Sat 6/3 - 6/24 11:30 - 12:30 pm
#8338 Sat 6/3 - 6/24 2:00 - 3:00 pm
#8339 Sat 7/15 - 8/12 11:30 - 12:30 pm
#8340 Sat 7/15 - 8/12 2:00 - 3:00 pm

*No class 8/5

Basketball Camps

1st annual PGHS Junior Eagle

5th - 8th graders

It is with great enthusiasm we announce the 1st annual PGHS Junior Eagle Basketball Camp! We anticipate an exciting and productive week for each camper. Our primary goal is to develop each camper's individual skills and to improve his abilities on the finer points of basketball, and we want our campers to have fun while learning. The camp incorporates the development of sportsmanship, leadership and citizenship into all camp activities.

Pleasant Grove High School \$150

#9875 June 26-30, 2006 3:00 - 7:00 pm
Lance Corgiat: *Head Varsity Coach*
Mat Bradley: *Assistant Varsity Coach*
Dwayne Smith: *Head JV Coach and current varsity players*

Develop Your Game

Age 9 - 12

This camp will be presented by Al Toney, former Hiram Johnson Varsity Basketball Coach and former San Diego State basketball player. It is designed to improve fundamentals, learn and develop new skills with an emphasis on shooting, agility footwork, passing, ball handling, offensive and defensive footwork and skills.

#9887 \$70 July 24-27 1:30 - 3:30 pm

High Intensity

Age 12 - 14

This camp, presented by former Hiram Johnson Varsity Basketball Coach and a former European professional basketball player Al Toney, will emphasize the fundamentals: footwork, body stance and balance, passing, shooting, ball-handling, player movement, individual and team offensive and defensive drills, competition and developing enthusiasm and passion.

#9888 \$90 July 31-Aug 3 1:30 - 3:30 pm

Horse Camp

Age 8 - 15

Campers learn to ride and care for their 'own' pony or horse during the week. They also learn about safety around the horse and barn; feeding and grooming; mounted games; trail obstacles and trail riding; and other horse-related activities. Riding and interaction with horses usually helps to improve grades and helps develop leadership skills and responsibility. All participants will receive a certificate of completion suitable for framing and other awards. Please bring a lunch and a change of clothes. Boots or shoes with a low heel and safety helmet are required.

Epona Farms Riding Academy, Stables \$250

Instructor: Catriona Watson

#8333 M-F 7/10 - 7/14 10:00 - 2:00 pm
#8520 M-F 8/7 - 8/11 10:00 - 2:00 pm

Youth Sports



NFL Youth Flag Football League

Age 6 – 14

Flag football teaches boys and girls the fundamentals of football, good sportsmanship and teamwork, all in a fun, non-competitive way. Boys and girls play on the same teams. Practices begin in September, with locations, day and time determined by the coach. In this league, all players receive a reversible NFL FLAG jersey, mouthpiece, team picture and team trophy. (Must be 6 by the assessment day. Cannot be 15 before the last game.)

**Laguna Community Park,
Multipurpose Sport Field \$90**

Saturdays between 9:00 am & 5:00 pm

Games: September 9 – November 4*

*No games 9/2

Important Dates:

Coaches Clinic: 8/5

Player Assessment Day: 8/19

Games begins: 9/9

Picture Day: 9/9



#9756 DIVISION 1 (Age 12–14) . . . 8:00 am

#9757 DIVISION 2 (Age 10–11) . . . 10:00 am

#9758 DIVISION 3 (Age 8–9) . . . 1:00 pm

#9759 DIVISION 4 (Age 6–7) N/A

REGISTRATION INFO:

**Registration begins 5/1/06.
Register by mail or in person by 8/1/06.
No phone or internet registration.**

Visit our website at www.egcsd.ca.gov
or stop by our office to request the
Flag Football League registration packet.

Please allow an extra 10-15 minutes to
complete registration and emergency
information forms.

Beginning 8/2 a waiting list will be formed.
If space becomes available, the late
registration fee will be \$100 per player.

Volunteer coaches are needed.

Mandatory coaches training:
8/5 • 9:00 am–1:00 pm • WCAC

Please call 405-5600
for more information.



Jr. NBA/Jr. WNBA Basketball League

Age 5 – 17

Jr. NBA/WNBA teaches boys and girls the fundamentals of basketball, good sportsmanship, and teamwork in a fun, non-competitive environment. All players will receive a Jr. NBA jersey, team picture, and trophy. Must be 5 by the assessment day. Cannot be 18 before the last game. Includes 2 practices and 8 league games. League registration packet required. Volunteer coaches needed.

Wackford Community Complex, Gym • Saturdays between 9:00 am & 8:00 pm

**Registration by mail or in
person only. No phone or
internet registration.**

ASSESSMENT TIMES:

Co-ed Div 4 (Age 5-7) 11:00 am
Boys Div 3 (Age 8-9) 1:00 pm
Girls Div 3 (Age 8-10) 6:00 pm
Boys Div 2 (Age 10-12) 3:00 pm
Girls Div 2 (Age 11-13) 6:30 pm
Co-ed Div 1
(Boys 13-17 & Girls 14-17) 5:00 pm

SUMMER SESSION: 6/17/06 – 9/16/06*

Important Dates:

Coaches Clinic: 6/17, 8 am-11 am, WCAC

Player Assessment Day: 6/17

Practices: 6/24 & 7/8

Picture Day: 7/8

Games begin: 7/22

*No games 7/1, 7/15, & 9/2

\$100 on or before 5/30

(\$110 late registration, if space available)

Summer registration begins March 13th

	BOYS:	GIRLS:	CO-ED:
DIVISION 1: Boys 13-17, Girls 14-17	N/A	N/A	#7542
DIVISION 2: Boys 10-12, Girls 11-13	#7541	#7544	N/A
DIVISION 3: Boys 8-9, Girls 8-10	#7540	#7543	N/A
DIVISION 4: Age 5-7	N/A	N/A	#7539

FALL SESSION: 10/14/06 – 1/27/07*

Important Dates:

Coaches Clinic: 10/14, 8 am-11 am, WCAC

Player Assessment Day: 10/14

Practices: 10/21 & 10/28

Picture Day: 11/11

Games begin: 11/18

*No games 11/25, 12/23, & 12/30

\$100 on or before 9/30

(\$110 late registration, if space available)

Fall registration begins August 1st

	BOYS:	GIRLS:	CO-ED:
	N/A	N/A	#9772
	#9771	#9774	N/A
	#9770	#9773	N/A
	N/A	N/A	#9769



Youth Sports

Indoor Pee Wee Soccer

Age 3 – 6

Introduce your child to the world of soccer. Children will learn the basic fundamentals of soccer. Instruction will encourage age-appropriate activities while teaching socialization, team work, and gross motor skills. Please wear athletic shoes (no cleats allowed).

Wackford Community and Aquatic Complex, Gym

Instructor: CSD Staff

AGE 3 – 4 \$40

#7564	Wed	5/17 - 6/14	5:00 - 5:30 pm
#7565	Wed	5/17 - 6/14	5:30 - 6:00 pm
#7567	Fri	5/19 - 6/23*	5:00 - 5:30 pm
#7568	Fri	5/19 - 6/23*	5:30 - 6:00 pm
#7562	Tue	5/9 - 6/6	10:00 - 10:30 am
#7563	Tue	5/9 - 6/6	10:30 - 11:00 am
#9706	Wed	8/2 - 8/30	10:00 - 10:30 am
#9707	Wed	8/2 - 8/30	10:30 - 11:00 am
#9708	Wed	6/28 - 7/26	5:00 - 5:30 pm
#9709	Wed	6/28 - 7/26	5:30 - 6:00 pm
#9711	Fri	7/7 - 8/4	5:00 - 5:30 pm
#9712	Fri	7/7 - 8/4	5:30 - 6:00 pm
#9714	Tue	9/12 - 10/10	10:00 - 10:30 am
#9715	Tue	9/12 - 10/10	10:30 - 11:00 am
#9716	Wed	8/9 - 9/6	5:00 - 5:30 pm
#9717	Wed	8/9 - 9/6	5:30 - 6:00 pm
#9719	Fri	8/18 - 9/22*	5:00 - 5:30 pm
#9720	Fri	8/18 - 9/22*	5:30 - 6:00 pm

AGE 5 – 6 \$60

#7566	Wed	5/17 - 6/14	6:00 - 6:45 pm
#7569	Fri	5/19 - 6/23*	6:00 - 6:45 pm
#9710	Wed	6/28 - 7/26	6:00 - 6:45 pm
#9713	Fri	7/7 - 8/4	6:00 - 6:45 pm
#9718	Wed	8/9 - 9/6	6:00 - 6:45 pm
#9721	Fri	8/18 - 9/22*	6:00 - 6:45 pm

*No class 5/26 & 9/1

Soccer Skills and Drills

Age 7 – 12

Get in shape for the soccer season! Participants will develop skills and techniques in shooting, dribbling and passing. Class will stress team strategies. Please bring a water bottle. Shin guards are required.

Betschart Park, Soccer Bantam 1 \$75

Instructor: EGYSL Coach

#9752 T, Th 6/20 - 7/27 6:30 - 7:30 pm



Outdoor Pee Wee Soccer

Age 3 – 6

Introduce your child to the world of sports through our non-competitive soccer skills clinics. Instruction will encourage age appropriate activities while teaching socialization, team work, and gross motor skills. This class will provide a fun and positive interaction in a nurturing environment. Parents will be encouraged to participate with their child.

Betschart Park, Soccer Bantam 1

Instructor: EGYSL Coach

AGE 3 – 4 \$40

#9722	Tue	6/20 - 7/25*	5:00 - 5:30 pm
#9726	Wed	6/21 - 7/26*	5:00 - 5:30 pm
#9729	Thu	6/22 - 7/27*	5:00 - 5:30 pm

AGE 5 – 6 \$60

#9723	Tue	6/20 - 7/25*	5:30 - 6:15 pm
#9727	Wed	6/21 - 7/26*	5:30 - 6:15 pm
#9730	Thu	6/22 - 7/27*	5:30 - 6:15 pm

*No class 7/4, 7/5, & 7/6

Pee Wee Tennis



Age 3 – 6

Hit the courts with Coach Kenny. Each class will introduce age appropriate activities designed to promote and refine balance, movement and spacial awareness skills essential to the sport of tennis. Classes are fast paced to keep children active and engaged. From beginners to those who have never picked up a racket this class is for your little one. Classes are taught by a USPTA Professional. Students should bring their own racket.

Miwok Park, Tennis Courts \$45

Instructor: Kenny Pack

AGE 3 – 4

#9420	Tue	6/6 - 6/27	3:45 - 4:30 pm
#9421	Tue	7/11 - 8/1	3:45 - 4:30 pm
#9422	Tue	8/8 - 8/29	3:45 - 4:30 pm
#9423	Wed	6/7 - 6/28	3:00 - 3:45 pm
#9425	Wed	7/12 - 8/2	3:00 - 3:45 pm
#9426	Wed	8/9 - 8/30	3:00 - 3:45 pm

AGE 5 – 6

#9414	Tue	6/6 - 6/27	3:00 - 3:45 pm
#9415	Tue	7/11 - 8/1	3:00 - 3:45 pm
#9416	Tue	8/8 - 8/29	3:00 - 3:45 pm
#9417	Wed	6/7 - 6/28	3:45 - 4:30 pm
#9418	Wed	7/12 - 8/2	3:45 - 4:30 pm
#9419	Wed	8/9 - 8/30	3:45 - 4:30 pm

After School Basketball Camp

Age 7 – 12

This camp will teach the basic fundamentals of basketball for boys and girls ages 7–12 years old. Please wear basketball court shoes and comfortable clothing.

Wackford Community and Aquatic Complex, Gym \$64

Instructor: CSD Staff

AGE 7 – 9

#9744 T, Th 7/11 - 8/3 3:45 - 4:45 pm

AGE 10 – 12

#9745 T, Th 8/15 - 9/7 3:45 - 4:45 pm

Pee Wee Basketball

Age 3 – 6

Come participate in our camp and learn the fundamentals of basketball. Coaches will review passing, dribbling, shooting and rebounding techniques. Wear appropriate athletic shoes.

Wackford Community and Aquatic Complex, Gym

Instructor: CSD Staff

AGE 3 – 4 \$40

#7507	Sat	5/20 - 6/24*	9:30 - 10:00 am
#7508	Sat	5/20 - 6/24*	10:00 - 10:30 am
#7499	Wed	5/10 - 6/7	10:00 - 10:30 am
#7500	Wed	5/10 - 6/7	10:30 - 11:00 am
#7501	Tue	5/16 - 6/13	5:00 - 5:30 pm
#7502	Tue	5/16 - 6/13	5:30 - 6:00 pm
#7504	Thu	5/25 - 6/22	5:00 - 5:30 pm
#7505	Thu	5/25 - 6/22	5:30 - 6:00 pm
#9673	Tue	8/1 - 8/29	10:00 - 10:30 am
#9674	Tue	8/1 - 8/29	10:30 - 11:00 am
#9675	Tue	6/27 - 8/1*	5:00 - 5:30 pm
#9676	Tue	6/27 - 8/1*	5:30 - 6:00 pm
#9678	Thu	6/29 - 7/27	5:00 - 5:30 pm
#9679	Thu	6/29 - 7/27	5:30 - 6:00 pm
#9681	Sat	7/22 - 8/19	9:30 - 10:00 am
#9682	Sat	7/22 - 8/19	10:00 - 10:30 am
#9683	Wed	9/13 - 10/11	10:00 - 10:30 am
#9684	Wed	9/13 - 10/11	10:30 - 11:00 am
#9685	Tue	8/15 - 9/12	5:00 - 5:30 pm
#9686	Tue	8/15 - 9/12	5:30 - 6:00 pm
#9688	Thu	8/10 - 9/7	5:00 - 5:30 pm
#9689	Thu	8/10 - 9/7	5:30 - 6:00 pm
#9691	Sat	8/26 - 9/30*	9:30 - 10:00 am
#9692	Sat	8/26 - 9/30*	10:00 - 10:30 am

AGE 5 – 6 \$60

#7503	Tue	5/16 - 6/13	6:00 - 6:45 pm
#7506	Thu	5/25 - 6/22	6:00 - 6:45 pm
#9677	Tue	6/27 - 8/1*	6:00 - 6:45 pm
#9680	Thu	6/29 - 7/27	6:00 - 6:45 pm
#9687	Tue	8/15 - 9/12	6:00 - 6:45 pm
#9690	Thu	8/10 - 9/7	6:00 - 6:45 pm

*No class 5/27, 7/4, & 9/2

Youth Sports



Shooting Skills and Drills Camp

Age 5 – 17

Former NBA player and current Director of Player Personnel for the San Antonio Spurs, Dell Demps along with Capital Christian Center's varsity basketball coach Bill Nelson, will conduct a basketball camp targeted for players that want to improve their individual skills. We will break down each player's jump shot and teach proper techniques, footwork, use of screens, how to get open, movement without the ball, and how to create and make shots. The camp also includes sessions on improving 1-on-1 playing, ball handling, agility and conditioning. Players will be instructed based on their skill level. Bring a snack to camp. This camp requires a completed medical registration form at the time of registration. Register by fax or in person.

Wackford Community and Aquatic Complex, Gym **\$75**

Instructor: Del Demps & Bill Nelson

AGE 5 – 10

#9750 Wed, Thu, Fri 7/5 - 7/7 9:00 - 12:00 pm

AGE 10 – 17

#9751 Wed, Thu, Fri 7/5 - 7/7 1:00 - 4:00 pm

Flag Football All Skills Camp

Age 6 – 14

This is a developmental camp for children. The focus will be on improving fundamental skills via group and individual instruction, drills, games, and scrimmages. As well as increasing on field performance, the camp will provide individual instruction on football fundamentals for young, aspiring ball players.

Betschart Park, Soccer Bantam 1 **\$48**

Instructor: CSD Staff

#9748 Sat 7/15 - 7/29 10:00 - 11:00 am



Got Skills? Basketball Camp

Age 7 – 15

Please join former NBA player and current Director of Player Personnel for the San Antonio Spurs, Dell Demps, along with Capital Christian Center's varsity basketball coach Bill Nelson, for a camp committed to teaching fundamental basketball skills while having MAJOR FUN! The camp is for boys and girls ages 7 to 15 of ALL SKILL LEVELS. The camp consists of basketball learning stations, games and various basketball contests. Campers will learn ball handling, the triple-threat, post moves, rebounding, court spacing, passing, defensive keys along with team offense and defensive concepts. Campers with more abilities are given higher-level drills. This camp is great preparation for the next level of competition. The camp staff consists of former and current college players along with local high school coaches and players that emphasize the importance of sportsmanship and teamwork. Come improve your shooting skills and drills.

Wackford Community and Aquatic Complex, Gym **\$145**

Instructor: Del Demps & Bill Nelson

#9749 M–Th 7/10 - 7/13 9:00 - 3:00 pm

Youth Tennis Fundamentals

Age 7 – 12

Participants will work on stroke mechanics and analyze of one of the following: forehand, backhand, serve, volley, lob, drop shot and overhead shot. Incorporated into classes will be strategies, physical conditioning, and fun. Classes are taught by a USPTA Professional. Students should bring their own racket.

Miwok Park, Tennis Courts **\$59**

Instructor: Kenny Pack

BEGINNING

#9427	Tue	6/6 - 6/27	5:30 - 6:30 pm
#9428	Tue	7/11 - 8/1	5:30 - 6:30 pm
#9429	Tue	8/8 - 8/29	5:30 - 6:30 pm
#9430	Wed	6/7 - 6/28	4:30 - 5:30 pm
#9431	Wed	7/12 - 8/2	4:30 - 5:30 pm
#9432	Wed	8/9 - 8/30	4:30 - 5:30 pm

ADVANCED BEGINNING

#9433	Wed	6/7 - 6/28	5:30 - 6:30 pm
#9434	Wed	7/12 - 8/2	5:30 - 6:30 pm
#9435	Wed	8/9 - 8/30	5:30 - 6:30 pm
#9840	Thu	6/8 - 6/29	4:30 - 5:30 pm
#9841	Thu	7/13 - 8/3	4:30 - 5:30 pm
#9842	Thu	8/10 - 8/31	4:30 - 5:30 pm

After School Volleyball Camp

Age 7 – 12

Learn the game of volleyball for participants ages 7–12 years old. Bump set and spike while making lots of new friends in a clinic geared for beginners.

Wackford Community and Aquatic Complex, Gym **\$64**

Instructor: CSD Staff

AGE 7 – 9

#9741 M, W 8/14 - 9/11* 3:45 - 4:45 pm

AGE 10 – 12

#9740 M, W 7/10 - 8/2 3:45 - 4:45 pm

*No class 9/4

Fencing

Age 8 – 12

Participants will learn basic footwork, blade actions, and the rules of bouting. While early classes will focus on basic drills, later classes will allow time for free fencing (Bouting). Please wear loose fitting clothes and gym shoes. (No open-toed shoes).

Pavilion, Elk Grove Park **\$55**

Instructor: Davis Fencing Academy Staff

BEGINNING

#8560	T, Th	6/8 - 7/11*	4:00 - 4:50 pm
#8561	T, Th	7/13 - 8/8*	4:00 - 4:50 pm
#8562	T, Th	8/10 - 9/5	4:00 - 4:50 pm

ADVANCED

#8568	T, Th	6/8 - 7/11*	5:00 - 5:50 pm
#8569	T, Th	7/13 - 8/8*	5:00 - 5:50 pm
#8570	T, Th	8/10 - 9/5	5:00 - 5:50 pm

*No class 7/4 & 7/27

Elementary Summer Sports Camp

Age 7 – 12

The summer sports camp is a multi-sport camp that focuses on improving skill through drills and games with an emphasis on fair play and teamwork. Skills for basketball, baseball, soccer, volleyball and football will be taught with skill-specific drills, and fun alternative games, and each will be applied daily to a game focusing on that day's sport. Each day will consist of one indoor and one outdoor sport, as well as swimming at the Aquatic Complex. Participants will need to bring a swimsuit and a lunch. Camp T-Shirt will be provided.

Wackford Community and Aquatic Complex, Gym **\$100**

Instructor: CSD Staff

#9755 M–F 7/17 - 7/21 9:00 - 3:00 pm



Teens

CSD Teen Center

at the Wackford Community Complex

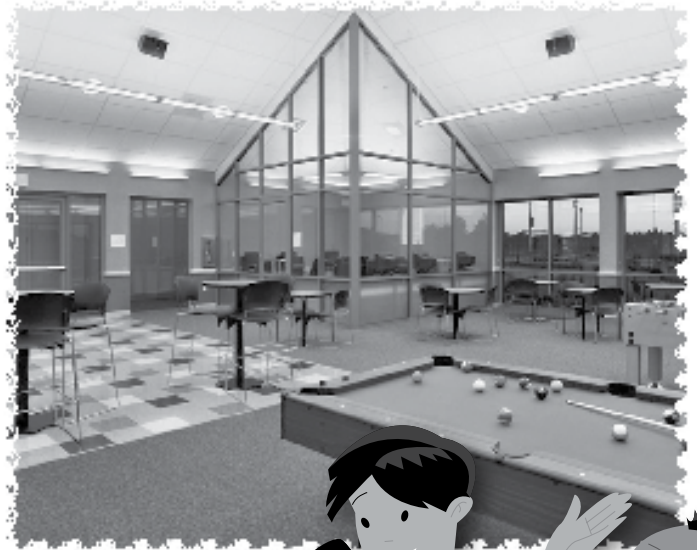
Hey Teens! Are you tired of sitting around the house with nothing to do? Come on down and hang out at the Teen Center. Challenge other teens to a game of air hockey, foosball, billiards, or show your skills on the Playstation. Hungry for food? Why not enjoy a bite from our snack bar. If you're just looking to relax, you can surf the net on one of our multiple computers, or hang out and watch our big screen TV. Our drop-in activities are free with a \$20 annual fee, paid on your first visit. Stop by and check us out! You must have a current school I.D. and complete a membership form in order to purchase a membership.

The EGCSO Teen Center in Laguna is a drop-in, recreational facility for incoming 7th – 12th graders. It is located in the new Barbara Morse Wackford Community Complex on the corner of Big Horn Blvd. and Bruceville Rd.

Drop-in Hours for the 2005-2006 School Year

Monday 3:00 pm – 7:00 pm
Tuesday 3:00 pm – 6:00 pm
Wednesday . . . 3:00 pm – 7:00 pm
Thursday 3:00 pm – 7:00 pm
Friday 3:00 pm – 7:30 pm

*For more details
call Mike at
(916) 405-5655*



**Must show Teen
Center I.D. card
to enter facility**



The Teen Center provides drop-in recreational activities as well as special events planned especially for teens.

Teen Action Committee (T.A.C.)

Meeting Dates:

1st Wednesday of each month in the Wackford Community Teen Center located on 9014 Bruceville Road in Elk Grove.

Description:

The EGCSO Teen Action Committee serves as an advisory/ action body to the EGCSO Parks & Recreation Department, giving advice and making recommendations on subjects of interest to the Teens of Elk Grove. The Teen Action Committee works to stay informed on Teen-related issues, determines the opinions of the peers in their city, and takes action to produce positive and trendy experiences.

To become a part of this exciting and community changing team, please contact the EGCSO at (916) 405-5655. Space is limited and an application is required, so don't delay on making that phone call. We look forward to hearing from you.



Birthday Parties at the CSD Teen Center

Do you have a birthday coming up and need to find a great place to have your party, but don't want to pay the large fees that usually come with reserving most locations?

Head over to the Teen Center, specifically designed for youth and filled with many different games and activities! Both youth and adults are able to shoot pool on two separate tables, play air hockey on a large 4x9 foot arcade-style surface, enjoy watching a widescreen TV with satellite, or play one of the many Playstation games on hand. The Teen Center also has a foosball table, and

a fully-stocked soda and snack bar for purchases. For more information or to schedule an event, please contact (916) 405-5622, Monday through Friday, between the hours of 9:00 am to 6:00 pm.

Teens



Interested in Modeling?

Age 5 – 28

Train to be a model, or just look like one. This class enriches your life, develops your self confidence and posture, teaches you table manners and etiquette, and ramp/photographic modeling techniques. Bring a notebook and pen to class. All levels—beginning through advanced.

Wackford Community and Aquatic Complex, Poppy Room **\$90**

Instructor: Tanya Pimenta
#8556 Thu 6/22 - 8/10 5:30 - 7:00 pm

Teen Tennis Fundamentals

Age 12 – 18

Learn the fundamentals of tennis at the beginner and intermediate level. Skills will include work on grips, stance, footwork, back swing, point of contact, follow through and toss. Each week participants will work on stroke mechanics and analysis of one of the following: forehand, backhand, serve, volley, lob, drop shot, and overhead. Incorporated into classes will be strategies, physical conditioning and lots of fun. Classes taught by a USPTA Professional.

Miwok Park, Tennis Courts **\$59**

Instructor: Kenny Pack
#9834 Tue 6/6 - 6/27 4:30 - 5:30 pm
#9835 Tue 7/11 - 8/1 4:30 - 5:30 pm
#9836 Tue 8/8 - 8/29 4:30 - 5:30 pm
#9837 Thu 6/8 - 6/29 5:30 - 6:30 pm
#9838 Thu 7/13 - 8/3 5:30 - 6:30 pm
#9839 Thu 8/10 - 8/31 5:30 - 6:30 pm

Certified Babysitting

Age 11 – 16

Emphasizes skill development in leadership/decision making, safe play, basic childcare, first aid, and professionalism. Learn to evaluate situations and avoid hazardous situations. Bring a 'real' type doll. Participants must attend all class hours to receive certificate. Training manual included.

Wackford Community and Aquatic Complex, Teen Center **\$52**

Instructor: Jennifer Byall
#8382 Sat 6/24 9:00 - 3:00 pm
#8383 Sat 7/29 9:00 - 3:00 pm

Guitar Lessons

Age 13+

Learn the basics of guitar playing. Students will learn how to read music and play basic chords with fun, popular songs. So dust off your guitar and join us! A \$10 supply fee (includes instructional book) is payable to the instructor. Students must provide their own acoustic or electric guitar.

Wackford Community and Aquatic Complex, Poppy Room A **\$80**

Instructor: Steve Dunne
#8422 Mon 6/5 - 7/17* 8:30 - 9:30 pm
#8423 Mon 7/24 - 9/11* 8:30 - 9:30 pm
*No class 7/3, 7/31, & 9/4

Fencing Teen

Age 13+

In this traditional art and Olympic sport, fencing participants will learn basic footwork, blade actions, and the rules of bouting. Classes will focus on basic drills; later classes will allow time for free fencing (Bouting). Wear loose fitting clothes and gym shoes. (No open-toed shoes).

Pavilion, Elk Grove Park **\$55**

Instructor: Davis Fencing Academy Staff
BEGINNING
#8571 T, Th 6/8 - 7/11* 4:00 - 4:50 pm
#8572 T, Th 7/13 - 8/8* 4:00 - 4:50 pm
#8573 T, Th 8/10 - 9/5 4:00 - 4:50 pm
ADVANCED
#8574 T, Th 6/8 - 7/11* 5:00 - 5:50 pm
#8575 T, Th 7/13 - 8/8* 5:00 - 5:50 pm
#8576 T, Th 8/10 - 9/5 5:00 - 5:50 pm
*No class 7/4 & 7/27

Teen Karate

Age 14+

Students learn to be the best at anything they do, while building self-confidence. Class includes aspects of Kyokoshinkai Karate, Hung-gar Kung Fu, and Aiki Jujitsu.

Instructor: School of Tiger Staff

Elk Grove Rec Center, Classroom 10 **\$42**

#8589 T, Th 6/1 - 6/27 7:30 - 8:30 pm
#8590 T, Th 6/29 - 7/27* 7:30 - 8:30 pm
#8591 T, Th 8/1 - 8/24 7:30 - 8:30 pm

Wackford Community and Aquatic Complex, Valley Oak Ballroom **\$42**

#8592 M, W 5/31 - 6/26 7:00 - 8:00 pm
#8593 M, W 6/28 - 7/24 7:00 - 8:00 pm
#8594 M, W 7/31 - 8/23 7:00 - 8:00 pm
*No class 7/4

Knowledge About College

Age 13 – 18

This two-part workshop will include strategies for selecting a college, admission requirements for the top 400 schools in the nation, the application essay, financial aid, and ideas for using your school and community background to strengthen your application. This workshop will result in one completed college application for you to submit.

Wackford Community and Aquatic Complex, Poppy Room B **\$50**

Instructor: Cathy Geppert
#9828 Th, F 8/17 - 8/18 5:30 - 7:30 pm
#9829 W, Th 8/30 - 8/31 5:30 - 7:30 pm

Driver Education Class

Age 14 – 18

Driver education is a California-required course for teens to receive a driver's license. It is the first step that must be taken so the teen can receive a driver's permit. It is fun and educational. Our friendly instructors use a variety of teaching styles to entertain and engage all different types of learners. Bring a sack lunch, pen and paper to class. Class must be completed in its entirety to receive a completion certificate. Class does not include behind-the-wheel driving.

Instructor: Tessa Zertuche

Wackford Community and Aquatic Complex, Poppy Room B **\$99**

#8646 M-Th 6/12 - 6/15 8:00 - 3:00 pm

Laguna Town Hall, Classroom 2 **\$99**

#9854 M-Th 7/17 - 7/20 9:00 - 4:00 pm

Elk Grove Rec Center, Classroom 9 **\$99**

#9884 Sat 4/22 - 5/13 9:00 - 4:00 pm

#9855 Sat 8/5 - 8/26 9:00 - 4:00 pm





Special Interest

Muscle is Hungry!

The more muscle you have, the more calories you burn! Designed to increase strength and agility for everyday activities, this class focuses on core stability, safety, control, purpose, and placement in the use of free weights, stability balls, medicine balls, resistance tubes and the BOSU. Instructor approval is required for enrollment.

Studio Fit, 9651 E. Stockton Blvd. \$105

Instructor: Studio Fit Staff
#9408 Wed 5/24 - 6/28 6:45 - 8:00 pm

Feel Great...Try Yoga

Stretch, tone, balance, and breathe deeply as you practice Inyengar Style Yoga, including visualization and meditation. This class is geared toward both beginning and continuing practitioners. A great class to maintain good health! A yoga mat can be provided for a small fee.

Instructor: Gladys Callender

Laguna Town Hall, Classroom 1 \$44

#8384 Thu 6/8 - 6/29 7:00 - 8:00 pm
#8385 Thu 7/13 - 8/3 7:00 - 8:00 pm
#8386 Thu 8/10 - 8/31 7:00 - 8:00 pm

Wackford Community and Aquatic Complex, Willow Room \$44

#8387 Mon 6/5 - 6/26 10:30 - 11:30 am
#8388 Mon 7/10 - 7/31 10:30 - 11:30 am
#8389 Mon 8/7 - 8/28 10:30 - 11:30 am

Yoga for Your Back

Each class will release chronic tensions in your back, neck, and shoulders. While the poses are easy to do, they are deeply effective, and bring immediate and long-lasting relief. Please arrive 10 minutes early and bring a large towel; all other supplies are provided by instructor.

The Yoga Connection, 9655 E. Stockton Blvd. \$48

Instructor: The Yoga Connection Staff
#8346 Mon 5/8 - 6/5* 5:30 - 6:30 pm
#8347 Tue 5/9 - 5/30 7:15 - 8:15 pm
#8348 Mon 6/12 - 7/3 5:30 - 6:30 pm
#8349 Thu 5/11 - 6/1 6:15 - 7:15 pm
#8350 Tue 6/6 - 6/27 7:15 - 8:15 pm
#8351 Mon 7/10 - 7/31 5:30 - 6:30 pm
#8352 Tue 7/11 - 8/1 7:15 - 8:15 pm
#8353 Thu 6/8 - 6/29 6:15 - 7:15 pm
#8354 Mon 8/7 - 8/28 5:30 - 6:30 pm
#8355 Tue 8/8 - 8/29 7:15 - 8:15 pm
#8356 Thu 7/6 - 7/27 6:15 - 7:15 pm

*No class on 5/29

Pilates/Yoga Evening Stretch

Derived from yoga and Pilates, the focus of this class is on core stabilization, mindful and unified movements, and relaxation. The class features a progressive series of exercises that accommodate all fitness levels in order to increase strength, flexibility, and balance of the entire body.

Studio Fit, 9651 E. Stockton Blvd. \$60

Instructor: Studio Fit Staff
#9410 Mon 6/5 - 7/17* 7:10 - 8:10 pm
#9411 Wed 6/7 - 7/12 8:10 - 9:10 pm
#9412 Mon 7/24 - 8/28 7:10 - 8:10 pm
#9413 Wed 7/26 - 8/30 8:10 - 9:10 pm
*No class 7/3

Fit to the Core

This six-week course focuses on movement to provide stability, strength and flexibility of the spine, abdomen, hips and glutes. With exercises derived from Pilates, sessions begin with mat work, and progress to balance, stability, and strength work using physio balls, the BOSU and free weights.

Studio Fit, 9651 E. Stockton Blvd. \$75

Instructor: Studio Fit Staff
#9404 Mon 6/5 - 7/17* 9:00 - 10:00 am
#9405 Mon 7/24 - 8/28 9:00 - 10:00 am
#9406 Wed 6/7 - 7/12 9:00 - 10:00 am
#9407 Wed 7/26 - 8/30 9:00 - 10:00 am
*No class 7/3

Jazzercise

The original dance exercise phenomenon! Each class offers a blend of jazz dance and exercise science set to your favorite music. Easy-to-follow, fun choreography. A total body conditioning class including warm-up, 60 minutes of aerobic conditioning, toning, strengthening of major muscle groups, and cool-down. Registration (ongoing) is taken at class with the instructor. Call Julie at 689-2070 for more information.

Laguna Town Hall, Reception Hall

Instructor: Julie Barbone
M-Th ongoing 6:00 - 7:00 pm
M, W, F ongoing 9:15 - 10:15 am

EFT (Easy Fitness Ticket)

One Month Pass \$36
\$9 per week (a savings of \$208 per year)
(Electric Funds Transfer - 1st through 31st)

Single Class \$10

4 Weeks \$52



Tai Chi

Tai Chi is the ancient Chinese art of health maintenance and moving meditation. The natural, graceful movements are easy to learn and are perfect for any age. Regular practice relieves stress, increases energy, and strengthens and tones muscles.

Wackford Community and Aquatic Complex, Poppy Room \$48

Instructor: Robert Nakashima
#8525 T, Th 6/1 - 6/27 9:00 - 10:00 am
#8526 T, Th 6/29 - 7/27* 9:00 - 10:00 am
#8527 T, Th 8/1 - 8/24 9:00 - 10:00 am
*No class on 7/4

Tai Chi Ch'uan

Develop a life-long exercise program with many health benefits, through practice of low impact strengthening movements. Improve your balance and coordination. Many find that Tai Chi improves concentration, decreases feelings of stress, and increases energy.

Youth Center, Elk Grove Park \$48

Instructor: John Camarra
#8393 Sat 6/17 - 8/5 9:00 - 10:30 am

Chi Kung

Join noted Tai Chi and Xingyichuan instructor Robert Nakashima for a comprehensive 4-week course in the Chinese art of radiant health and effortless power. Favored by generations of scholars, warriors and healers, the Chi King method of Yangsheng Zhuang emphasizes stillness, refined awareness, a calm mind, and powerfully-focused spirit. It is a way of developing better alignment and balance, a stronger waist and legs, deeper relaxation, and a direct experience of wholeness in body and mind. Because of its simplicity and remarkable effectiveness, this practice is highly recommended regardless of physical condition.

Wackford Community and Aquatic Complex, Poppy Room B \$40

Instructor: Robert Nakashima
#8524 Fri 6/16 - 7/7 6:00 - 7:00 pm

Special Interest



Aiki Jujitsu

A combination of Karate and Jujitsu, two ancient martial art styles. Learn self control and build self confidence in your abilities. Our goal in this class is to develop skills to face the challenges in life. This is a year-round class from beginners to blackbelts.

Pavilion, Elk Grove Park \$38

Instructor: Chuck Saxton

#8623	Wed	6/7 - 6/28	7:30 - 8:30 pm
#8624	Wed	7/5 - 7/26	7:30 - 8:30 pm
#8625	Wed	8/2 - 8/23	7:30 - 8:30 pm

Jeet Kune Do

Come and learn the system Bruce Lee developed. Fitness, balance, speed, strength, and confidence-building skills will be covered. Most of all, you will be part of a special piece of history. Presented by two third generation practitioners of Bruce's first school in Seattle, WA

Wackford Community and Aquatic Complex, Poppy Room B \$42

Instructor: Shannon Newman

#8535	M, W	6/7 - 7/3	7:15 - 8:15 pm
#8536	M, W	7/5 - 7/31	7:15 - 8:15 pm
#8537	M, W	8/2 - 8/28	7:15 - 8:15 pm

StrollerFit®-Exercise with your Baby™

Turn your stroller into a portable fitness machine, with baby along for the ride! This interactive class provides a total body workout including warm up, cardio, strength training, core muscle work and cool down. Baby is involved along the way with singing, creative stroller movement, ABC's and 123's. For a full description of this class, go to www.strollerfit.com. Registration (ongoing) is taken at class with the instructor or online. Call 690-7624 for more information.

Wackford Community and Aquatic Complex/ Laguna Community Park \$60

Instructor: Wendy Hoag

Mon ongoing 9:00 - 9:50 am

Monthly pass (with electronic funds transfer)	\$60
Single class	\$15
10 class pass	\$110
15 class pass	\$135
25 class pass	\$200
One time supply and enrollment fee	\$40

Swing & Ballroom Dancing

You'll learn the traditional style of swing and ballroom dancing in addition to today's versions. The class introduces east coast swing (sometimes called the bop or jitterbug) and one other dance. You'll learn to dance to the big band sounds of the 40's plus the sounds of today. This class is for couples only.

Laguna Town Hall, Reception Hall \$48 per couple

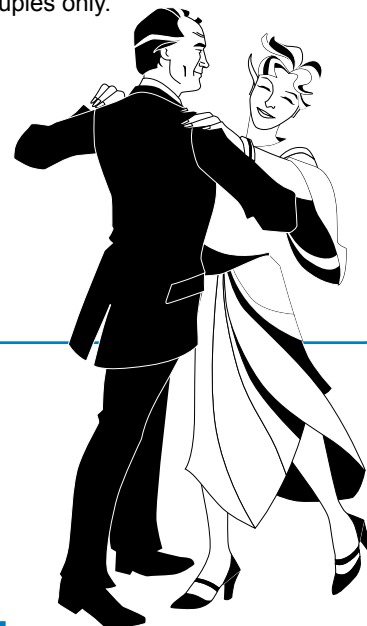
Instructor: Lou Cuny

BEGINNING

#8407	Wed	6/7 - 6/28	7:30 - 8:30 pm
#8408	Wed	7/5 - 7/26	7:30 - 8:30 pm
#8409	Wed	8/2 - 8/23	7:30 - 8:30 pm

INTERMEDIATE

#8411	Wed	6/7 - 6/28	8:30 - 9:30 pm
#8412	Wed	7/5 - 7/26	8:30 - 9:30 pm
#8413	Wed	8/2 - 8/23	8:30 - 9:30 pm



Adult Hip Hop Funk

Are you curious about Hip Hop? Want to learn some of the latest moves and surprise your family? This class is for you! We will break it all down nice and slow. Come listen to great music and Hip Hop the night away!

Wackford Community and Aquatic Complex, Poppy Room A \$45

Instructor: Luma Motion Academy Staff

#8678	Fri	6/9 - 7/21*	7:00 - 7:50 pm
#8679	Fri	7/28 - 9/1	7:00 - 7:50 pm

*No class 7/7

Polynesian Dance

E Komo Mai! Welcome to the magical world of Polynesia! Learn basic instruction in Hula Kahiko (traditional) and Hula Auana (modern). This class will follow the protocol of traditional hula classes. Please wear comfortable clothes. 'Aloha! A \$10 supply fee is payable to the instructor.

Laguna Town Hall, Classroom 2 \$45

Instructor: Rhoda LeiMomi Mabanta

#8508	Sat	6/3 - 6/24	10:15 - 11:00 am
#8509	Sat	8/5 - 8/26	10:15 - 11:00 am

Modern Western Square Dancing

Learn the basic steps of modern Western square dancing. This is a continuous class that will progress to intermediate/plus level for the next session. For more information, call Randy Burt at (916) 682-3476. This class is not available for online registration. Registration is taken at class.

Pavilion, Elk Grove Park

Instructor: Scot Byars

#8489	Mon	6/5 - 6/26	6:30 - 7:30 pm
#8490	Mon	7/3 - 7/31	6:30 - 7:30 pm
#8491	Mon	8/7 - 8/28	6:30 - 7:30 pm

Salsa

Learn to dance 'Salsa style!' Whether you're just beginning or would like to sharpen your dancing skills, these classes will teach you the latest techniques and patterns that will make your salsa dancing hot! This class is for couples only.

Laguna Town Hall, Reception Hall \$48/couple

Instructor: Lou Cuny

BEGINNING

#8399	Thu	6/8 - 6/29	7:30 - 8:30 pm
#8400	Thu	7/6 - 7/27	7:30 - 8:30 pm
#8401	Thu	8/3 - 8/24	7:30 - 8:30 pm

INTERMEDIATE

#8403	Thu	6/8 - 6/29	8:30 - 9:30 pm
#8404	Thu	7/6 - 7/27	8:30 - 9:30 pm
#8405	Thu	8/3 - 8/24	8:30 - 9:30 pm

Graceful Wiggling Belly Dance

Exercise your body, invigorate your soul, and experience the intrigue of far-away cultures through belly dancing. Learn muscle control and development, in classes that are just plain fun. Wear clothing that shows the knees, such as shorts, leotards, or tights. Smooth leather-soled shoes preferred.

Laguna Town Hall, Classroom 2 \$52

Instructor: Xanthia

#8468	Tue	6/6 - 6/27	7:30 - 9:00 pm
#8469	Tue	7/11 - 8/1	7:30 - 9:00 pm
#8470	Tue	8/22 - 8/29	7:30 - 9:00 pm



Special Interest

First Aid Basics

Teaches how to recognize and care for victims of injury or sudden illness. How to deal with cuts, bruises, bone and muscle injuries, shock, bleeding, and other first aid emergencies. Participants will receive a Basic First Aid card upon completion of class. All supplies included.

Wackford Community and Aquatic Complex, Willow Room **\$37**

Instructor: Jennifer Byall
#8639 Thu 6/22 6:00 - 10:00 pm

Adult, Child, Infant CPR

Teaches adult, child, infant CPR, rescue breathing, choke-rescue, and heart attack signs. American Red Cross certification card upon completion of class. All supplies included.

Wackford Community and Aquatic Complex, Willow Room **\$49**

Instructor: Jennifer Byall
#8635 T, Th 7/11 - 7/13 6:00 - 9:30 pm
#8636 T, Th 9/5 - 9/7 6:00 - 9:30 pm

California Childcare CPR & First Aid

Teaches adult, child, infant CPR and pediatric first aid required for childcare providers. EMSA-approved 2-year CPR and Pediatric First Aid certification upon completion of class. All supplies included.

Wackford Community and Aquatic Complex, Willow Room **\$80**

Instructor: Jennifer Byall
#8380 T, Th 6/27 - 6/29 6:00 - 10:00 pm
#8381 T, Th 8/29 - 8/31 6:00 - 10:00 pm

Piano Lessons with Simply Music – Adult

A piano and keyboard program that has beginning students playing great sounding pop, blues, classical and accompaniment pieces—immediately—from their first lessons. This unique system uses a 'playing-based' approach and produces unprecedented results. A \$38 supply fee is payable to the instructor at the first class.

Laguna Town Hall, Classroom 1 **\$150**

Instructor: Sharissa Delgado
#8415 Mon 6/19 - 8/14* 6:30 - 7:30 pm
#8416 Mon 6/19 - 8/14* 7:30 - 8:30 pm
*No class 7/3



Notary 101



Notaries are needed in real estate, banking, law and other professions. This course will prepare you to become a California Notary Public. You'll learn everything you need to know to pass the state exam and easily turn being a Notary into a part-time or full-time career. Discover how Notary Public's can earn extra money handling loan documents, starting their own businesses and become more of an asset to their employers or clients. A \$10 supply fee is payable to the instructor in class to cover materials and an additional \$40 fee is due to cover cost of state exam.

Elk Grove Rec Center, Classroom 10 **\$90**

Instructor: Deidra Powell-Williams
#9763 Sat 6/3 8:00 - 4:30 pm

Understanding Your Retirement Plan—401K

New to a 401(k) or just want to expand your knowledge? We'll take a look at the basics of a 401(k), employer matching contribution, the tax treatment, and how you can maximize your contributions for a richer nest egg at retirement. No prior experience necessary.

Wackford Community and Aquatic Complex, Willow Room **\$18**

Instructor: Dan Maiuro
#9812 Thu 8/17 6:00 - 9:00 pm

College – Parent's Workshop

Parents want to learn how to give your child the help they need when applying for college? Let Carthryn Geppert, founder of Knowledge about College and former private college admissions officer and Ivy League network alumni representative, guide you through this process.

Wackford Community and Aquatic Complex, Willow Room **\$15**

Instructor: Cathy Geppert
#9830 Tue 8/22 6:00 - 7:30 pm

Saving for Education



If you're thinking about starting an education fund for your children/grandchildren, now is the time to start. In this class you'll explore how Section 529 Plans and Coverdale Accounts work and which expenses qualify. You'll also learn the various education tax credits available when you file your tax return. A great class for beginners.

Wackford Community and Aquatic Complex, Willow Room **\$18**

Instructor: Dan Maiuro
#9811 Thu 7/27 6:00 - 9:00 pm

Special Interest



Sign Language

New!

Come on in and let your eyes become your ears, and your hands your voice! Student will learn the basics needed to hold a conversation with a Deaf or Hard of Hearing individual. Classes will be taught using a variety of activities including: games, videos, and lots of "hands on". The class will be taught by a nationally certified sign language interpreter.

Elk Grove Rec Center, Classroom 10 \$60

Instructor: William Sylliaasen
#9579 Mon 6/12 - 8/28 6:00 - 7:30 pm



Basic Obedience for Dogs

Learn basic commands (heel, whoa, sit, lay down, stay, and come) to improve your canine relationship. Classes will also cover behavioral problems, such as jumping & excessive barking. Dogs must be at least 16 weeks old. No dogs 1st day of class.

Elk Grove Regional Park, Dog Park \$99

Instructor: Tina Garcia
#8341 Wed 6/14 - 7/19 6:30 - 7:30 pm

Puppy Kindergarten

Puppy Kindergarten provides puppies 9 weeks - 5 months time to socialize with other puppies and people. Introduction to basic commands, advice for potty training, household manners, and other training techniques for preventing possible bad habits. Open to any breed or size puppy that has started their puppy vaccination series and must remain current with vaccinations.

Youth Center, Elk Grove Park \$100

Instructor: Jessica Obermiller
#9399 Tue 5/16 - 6/27* 7:00 - 8:00 pm
*No class on 6/13. Please remember to bring soft treats and a toy for puppies.

Horses Aren't Just for Kids

Did you ride as a kid and give it up? Always wanted to ride but never had the opportunity or the time? Learn the art of horsemanship in a friendly, relaxed atmosphere. Hard-soled boots with a low heel (no sneakers) and comfortable pants required. A \$5 supply fee is payable to the instructor at first class.

Epona Farms Riding Academy, Stables \$160

Instructor: Catriona Watson
#8334 Thu 6/1 - 6/29 6:30 - 7:30 pm

Introduction to Agility for Dogs

Dogs will be introduced to agility equipment through positive motivational training techniques. No prior agility training is necessary for the Introduction to Agility class. Handlers will learn how to maneuver their dogs through the obstacles. Open to any breed or size dog 15 months and older. Proof of current vaccinations and rabies is required. Dogs must be on a flea preventative program or wear a flea collar.

Elk Grove Regional Park, Youth Center \$125

Instructor: Jessica Obermiller

LEVEL 1

#8319 Tu 5/16 - 6/27* 5:30 - 6:30 pm
#8321 Tu 7/18 - 8/29* 7:00 - 8:00 pm

LEVEL 2

#8320 Tu 7/18 - 8/29* 5:30 - 6:30 pm
*No class 6/13 & 8/8

Tennis Fundamentals

Learn the fundamentals of tennis at the beginner and intermediate level. Skills will include work on grips, stance, footwork, back swing, point of contact, follow through, and toss. Each week participants will work on stroke mechanics and analysis of one of the following: forehand, backhand, serve, volley, lob, drop shot and overhead. Incorporated into classes will be strategies, physical conditioning and lots of fun. Students should bring their own rackets.

Miwok Park, Tennis Courts \$59

Instructor: Kenny Pack

#9455 Wed 6/7 - 6/28 6:30 - 7:30 pm
#9456 Wed 7/12 - 8/2 6:30 - 7:30 pm
#9457 Wed 8/9 - 8/30 6:30 - 7:30 pm

TennisCize

Exercise to music, while improving many of your tennis skills. Classes will consist of a series of drills designed to help improve your court coverage, speed, body balance, footwork, endurance, anticipation, and hitting skills. Keep in shape and improve your tennis at the same time!

Miwok Park, Tennis Courts \$55

Instructor: Kenny Pack

#9831 Tue 6/6 - 6/27 6:30 - 7:30 pm
#9832 Tue 7/11 - 8/1 6:30 - 7:30 pm
#9833 Tue 8/8 - 8/29 6:30 - 7:30 pm





Special Interest

Video Magic!

New!

Create home and/or business movies with the powerful Adobe Premiere Elements V2! Find out what type of computer configuration you should get so you can enjoy making professional looking videos. Receive tips about the video production process, from planning to shooting, editing and creating a video DVD. Create your own DVD discs with customized backgrounds. Learn how to edit movies from your digital still cameras and your camcorders and deliver it in a nice little package.

Wackford Community and Aquatic Complex, Willow Room **\$75**

Instructor: Andy Pischalnikoff
#9847 Sat 7/29 12:00 - 6:30 pm

Digital Camera Workshop

Learn how to use a digital camera & take great photos! This is a hands-on workshop with exercises and reviews. Please bring your camera, the manual, the video adapter cable (with the yellow jack), and a sack lunch. For a full description of this course go to www.snaparific.com

Wackford Community and Aquatic Complex, Blue Heron Room **\$75**

Instructor: Andy Pischalnikoff
#8558 Sat 6/17 9:00 - 3:30 pm

Digital Photo Magic

A 6-hour class about fixing and enhancing your digital photos (and creating artwork), using PhotoShop Elements v4. Learn to scan, fix photos, use layers, restore old photographs, and optimize photos for e-mail. Bring your lunch. For a full description of this course go to www.snaparific.com.

Wackford Community and Aquatic Complex, Blue Heron Room **\$75**

Instructor: Andy Pischalnikoff
#8559 Sat 7/15 9:00 - 3:30 pm

Knitting 101

New!

Learn the fundamentals of the fabulous art of Knitting. This class will give you the foundation for many fun projects—how to cast on, knit, purl, increase, decrease, and bind off. A \$47 supply fee is payable to the instructor at first class.

Knitique, 8741 Elk Grove Blvd. **\$70**

Instructor: Danielle Bowen
#9765 Thu 6/8 - 6/29 6:00 - 8:00 pm

Knitting Express

A fast and fun class to learn the art of circular knitting. Knit a fabulous Fruit Cap and impress your friends at the next baby shower! Learn casting on, knitting in the round, decreasing, binding off and using double point needles. A \$50 supply fee is payable to the instructor at the first class.

Knitique, 8741 Elk Grove Blvd. **\$40**

Instructor: Danielle Bowen
#9766 Tue 6/6 - 6/20 6:00 - 8:00 pm

Scrapbooking Made Easy

Learn fundamental scrapbooking techniques and styles. Organize pictures on a 4-page layout, and discover time-saving tips. Incorporate stickers, stamps and products to enhance your photographs. A \$20 supply fee is payable to the instructor. Please bring 6-10 photographs of a similar theme. New theme each month.

Wackford Community and Aquatic Complex, Willow Room **\$10**

Instructor: Tara Kraemer
#8500 Tue 6/13 5:30 - 8:30 pm
#9826 Thu 7/6 5:30 - 8:30 pm
#9827 Thu 8/10 5:30 - 8:30 pm

Beginning Sewing

Never sewn before or need a quick brush-up? Learn to sew while creating a colorful pieced decorator pillow. You will go home with at least one finished pillow and the confidence to try other projects. Participants must bring sewing machine to class.

Elk Grove Rec Center, Classroom 10 **\$40**

Instructor: Mary Lou Lange
#8502 Wed 6/7 - 6/28 6:45 - 9:30 pm

Decorator Pillows

Learn professional techniques that make the difference: easy measurements, decorative corners, and creative closures. Add a decorator touch to any room by using your favorite colors and styles. Participants must bring sewing machine to class.

Elk Grove Rec Center, Classroom 10 **\$40**

Instructor: Mary Lou Lange
#8503 Wed 7/5 - 7/26 6:45 - 9:30 pm

Window Treatments

New home? Empty windows? Tired of your old window treatments? Quick, colorful curtains and valances can instantly enhance your outlook. Learn to measure, calculate yardage, and add custom details. Participants must bring sewing machine to class.

Elk Grove Rec Center, Classroom 10 **\$40**

Instructor: Mary Lou Lange
#8504 Wed 8/2 - 8/23 6:45 - 9:30 pm

All I Want Is Scarves

New!

If you want to dip your toes into knitting by making a fabulous scarf, this fun class is for you. Make a beautiful drop stitch scarf out of French Angora and ribbon. You will learn the basics for scarf knitting. A \$64 supply fee is payable to the instructor at first class.

Knitique, 8741 Elk Grove Blvd. **\$40**

Instructor: Danielle Bowen
#9764 Tue 8/1 - 8/8 6:00 - 8:00 pm

Sophie Felted Bag

New!

Felted bags are the most forgiving form of knitting. You will create a small handbag that you will have fun felting once it is all knit up. A fabulous gift for a teen or keep it for yourself. A \$46 supply fee is payable to the instructor at the first class.

Knitique, 8741 Elk Grove Blvd. **\$40**

Instructor: Danielle Bowen
#9767 Thu 7/13 - 7/20 6:00 - 8:00 pm

Special Interest



Community Cooking Classes

New!

Don your apron, grab your kitchen towel, pot holder, a bottle of water and join Chef Joyce for these 'hands-on' cooking classes. Prepare, cook, and taste selected recipes and take home sample menus/recipes. All supplies included.

Wackford Community and Aquatic Complex, Kitchen **\$60/class**

Instructor: Joyce Cunha

Dinners Ready, Slow Cooker Dinners

Discover the delicious meals that you can make in a Slow Cooker. Dinner will be ready when you and your family get home from work or school. We discuss what to buy and have on hand in your pantry and freezer to assemble a great crock pot dinner in minutes. We will prepare a Gruyere, Celery and Walnut salad to eat for dinner, prep the ingredients for Five Spice Slow Braised Pork and Slow Cooker Short Ribs with Root Vegetables. We will dine on the Salad, French Bread and Butter and a slow cooked sampling of Parisian Lamb Stew with White Beans prepared in advance by Chef Joyce. Recipes will be provided for students to take home.

#9695 Tue 6/13 6:00 - 8:45 pm

30 Minute Meals from Scratch

Stock your pantry and freezer with the basic ingredients for 30-minute meals. During the class you will be on a team with other classmates preparing one of the following recipes: Italian Menu: Italian Sausages with sautéed peppers in basil sauce with Parmesan Polenta, Sweet & Spicy Chicken and Veggies, Spinach, Apple, Walnut Salad, Canellini Bean Minestrone with Pesto, Quick Tiramisu.

#9696 Tue 7/11 6:00 - 8:45 pm

Main Dish & Dessert Crepes

Learn to make crepes like a "French chef". We'll make the crepe batter and fillings for Chicken Divan Crepes, Shrimp & Asparagus Crepes, and serve it all along side a terrific Spinach, Mandarin Orange and Almond Salad. Dessert is Bananas Crepes Flambe.

#9697 Tue 8/8 6:00 - 8:45 pm

Let's Wok and Roll

Come join us. Learn how versatile the wok is in creating Asian foods such as stir fry and noodle dishes. Roll a variety of delicacies including egg rolls, spring rolls and sushi rolls. Don't forget your appetite! A \$40 supply fee is payable to the instructor in class.

Youth Center, Elk Grove Park **\$25**

Instructor: Eileen Beltran
#9398 Sat 8/19 - 8/26 11:00 - 2:00 pm

Mexican Salsa

Do we use green peppers, red peppers, tomatoes, or tomatillos? Come join in the fun as we learn how to make different kinds of salsas as well as identify which peppers will be the perfect fit for our family's taste buds. A \$15 supply fee is payable to the instructor at the class.

Youth Center, Elk Grove Park **\$20**

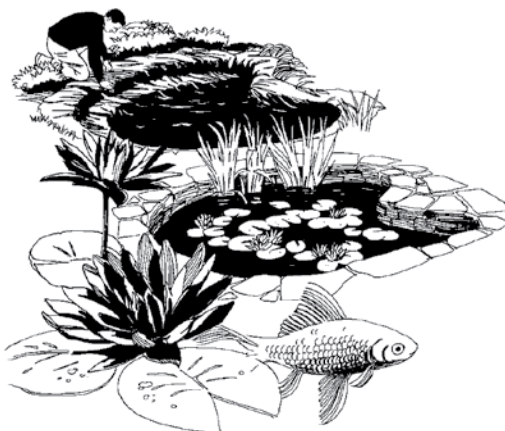
Instructor: Graciela Alcazar
#8361 Thu 7/20 6:30 - 8:30 pm

Home Fire Safety Workshop

IS YOUR HOME FIRE SAFE? Join us for a lesson in home fire safety presented by Elk Grove CSD Fire Department personnel. Hear from Elk Grove firefighters about a recent fire in Elk Grove that destroyed a home and nearly claimed the lives of three residents. Learn what you and your family can do to prevent this from happening to you. Class will include information on smoke detectors, home fire drills, fire extinguishers, burn and scald prevention, home fire sprinklers, and much more.

CSD Building, Board Room **\$5**

Instructor: CSD Firefighters
#9776 Wed 8/2 6:00 - 8:00 pm



Pond Design

New!

Do you know the difference between a koi pond and a water garden? Have your neighbors, who own ponds, told you stories of the fish they lose to raccoons and herons? Learn before you dig! Having a pond is a lifestyle. A pond is going to be a focal point in your backyard and your life! Make sure the type of pond you create matches your lifestyle. Get professional advice and techniques on pond design. Come learn why plumbing and filtration are the most important concepts of the pond.

Wackford Community and Aquatic Complex, Willow Room **\$20**

Instructor: Marco Tjaden
#9760 Tue 6/6 6:00 - 7:30 pm

Plants & Fish

New!

Is your pond in full sun or shade? Is your pond shallow or deep? Come learn about the wide variety of water plants and fish, and find which will do best for your pond. Most water lilies need 6 to 8 hours of sunlight to flower well, but there are a couple that will flower with 3 to 4 hours of sun. There is even one water plant that only flowers in the Winter! Ever wonder why Koi are so expensive?

Wackford Community and Aquatic Complex, Willow Room **\$20**

Instructor: Marco Tjaden
#9761 Tue 6/20 6:00 - 7:00 pm

Installing a Water Garden

New!

A hands-on class, install a pond in half a day from start to finish! Bring your cameras, gloves and shovels! We will start by digging the shape of the pond and 4 hours later we will turn on the waterfall. This is the perfect way to learn about installing the filter, skimmer, pump, plants and yes even fish. At the end of the class, you will have the confidence to go conquer your very own pond.

Flora Tropicana Aquatics, 10255 Grant Line Road **\$30**

Instructor: Marco Tjaden
#9762 Sat 6/17 8:00 - 12:00 pm



Adult Sports Leagues

League Registration Information



	Games Begin	Regular Reg.	Late Reg.	Managers Meeting
Basketball	6/4/06	4/24 – 4/29	5/1 – 5/6	5/30
Volleyball	5/31/06	4/24 – 4/29	5/1 – 5/6	5/24
Softball	6/19/06	5/1 – 5/6	5/8 – 5/13	Men's: 6/13, Co-ed: 6/15
Fastball Baseball	6/20/06	5/1 – 5/6	5/8 – 5/13	6/14

Managers meetings held at 6 pm at the Wackford Complex, 9014 Bruceville Road. All Teams must attend.

Must be 18 or older to participate in the following:

	Day	Act. #	League/Activity (Start Date)	Fee	# of Games	Times	Event Location
Basketball	Sun	9777	5 x 5 Men's C (6/4)	\$450	7-9	10:00 am - 10:00 pm	Wackford Gym
	Sun	9778	5 x 5 Men's D (6/4)	\$450	7-9	10:00 am - 10:00 pm	Wackford Gym
	Fri		Open Gym	\$5/day		7:00 pm - 9:45 pm	Wackford Gym
Volleyball	Wed	9916	Co-ed Recreation (5/31)	\$175	7-9	7:00 pm - 10:00 pm	Wackford Gym
	Mon		Open Gym	\$5/day		7:00 pm - 9:45 pm	Wackford Gym
Softball	Mon	9782	Men's D Gold (6/19)	\$440	7-9	6:30 - 10:30 pm	Laguna Com. Park
	Mon	9783	Men's D Silver (6/19)	\$440	7-9	6:30 - 10:30 pm	Laguna Com. Park
	Tue	9784	Men's C/D (6/20)	\$440	7-9	6:30 - 10:30 pm	Laguna Com. Park
	Tue	9785	Men's D (6/20)	\$440	7-9	6:30 - 10:30 pm	Laguna Com. Park
	Wed	9786	Men's C/D (6/21)	\$440	7-9	6:30 - 10:30 pm	Laguna Com. Park
	Wed	9787	Co-ed D (6/21)	\$440	7-9	6:30 - 10:30 pm	Laguna Com. Park
	Thur	9788	Men's D (6/22)	\$440	7-9	6:30 - 10:30 pm	Laguna Com. Park
	Thur	9789	Co-ed D (6/22)	\$440	7-9	6:30 - 10:30 pm	Laguna Com. Park
	Fri	9790	Co-ed D Gold (6/23)	\$440	7-9	6:30 - 10:30 pm	Laguna Com. Park
	Fri	9791	Co-ed D Silver (6/23)	\$440	7-9	6:30 - 10:30 pm	Laguna Com. Park
	Mon	9793	Co-ed D Gold (6/19)	\$440	7-9	6:30 - 10:30 pm	Elk Grove Reg. Park
	Mon	9800	Co-ed D Silver (6/19)	\$440	7-9	6:30 - 10:30 pm	Elk Grove Reg. Park
	Tue	9794	Men's D (6/20)	\$440	7-9	6:30 - 10:30 pm	Elk Grove Reg. Park
	Wed	9795	Co-ed D (6/21)	\$440	7-9	6:30 - 10:30 pm	Elk Grove Reg. Park
	Wed	9801	Men's D (6/21)	\$440	7-9	6:30 - 10:30 pm	Elk Grove Reg. Park
	Thur	9796	Men's C/D (6/22)	\$440	7-9	6:30 - 10:30 pm	Elk Grove Reg. Park
	Thur	9802	Men's D (6/22)	\$440	7-9	6:30 - 10:30 pm	Elk Grove Reg. Park
	Fri	9797	Co-ed D Gold (6/23)	\$440	7-9	6:30 - 10:30 pm	Elk Grove Reg. Park
	Fri	9798	Co-ed D Silver (6/23)	\$440	7-9	6:30 - 10:30 pm	Elk Grove Reg. Park
	Fri	9799	Co-ed D (6/23)	\$440	7-9	6:30 - 10:30 pm	Elk Grove Reg. Park

Softball registration fee includes ASA Registration. Deduct \$15 if ASA fees were paid for 2006. Copy of ASA registration card required.

Fastball Baseball	Tue	#9780	Mens (6/20)	\$530	7-9	6:30-10:30 pm	Elk Grove Park
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Registration fee includes Fastball Registration. Deduct \$30 if fees were paid for 2006.

How to Register

Drop off, mail in, or walk in team registration (see pg. 45). See League Registration Information (above) for registration dates. Completed roster and fees are due at registration. Please submit only one check per team registration. Rosters are available online at www.egcsd.ca.gov. Registration is not first come, first served. After registration deadline, the teams are balanced out in the leagues. If more teams apply than spaces are available during regular registration, priority is given as follows: 1) returning teams, 2) resident teams, and 3) lottery. Resident teams must have 60% or more players living in EGCS D boundaries.

Refund Policy

Refunds granted if given 72 hours prior to the date of Manager's Meeting.



For more league details, please call Arron at 405-5608.

Senior Center of Elk Grove, Inc.



Senior Center of Elk Grove
8830 Sharkey Avenue
685-3160

Therese Schultz,
Director



A partnership between
The Senior Center of Elk Grove &
Elk Grove CSD Parks & Recreation

New classes developed all the time.
Call to find out about new classes.

Share Your Talents!
Become a Volunteer

ACTIVITIES & PROGRAMS

Dance

Third Sunday of the month 2:00 - 5:00 pm.

Pancake Breakfast

First Saturday of the month. Come to the Center from 8:00 - 10:00 am for the best pancakes, scrambled eggs, and sausage in town! The Lion's Club provides the breakfast to benefit the Senior Center. The Pancake Breakfast costs \$5/adult and \$3/child.

Informational Seminars

The Senior Center hosts informational seminars on aging-related topics such as health, housing, legal, and other issues. Call for schedule.

Nutrition Program

Lunchtime at the Senior Center is busy! The word has gotten out that the food is delicious. To be able to eat lunch at the Center you need to:

- Be 60 years old or older
- Be registered with the Senior Nutrition Services (SNS)
- Have a reservation

Lunch is served at 12:00 noon. Please check in by 11:45 am. Lunches are provided for those 60+ at a suggested donation of \$2/meal (for people younger

than 60, the cost of the meal is \$5). To register with the Senior Nutrition Services (SNS) and to make a reservation, please contact the kitchen at 685-4804.

Blood Pressure Checks

Fridays 9:30 - 10:30 am.

Caregiver Support Groups

Sunrise at Laguna Creek.
Every Tuesday at 10:00 am.

Gadabouts Travel Program

Gadabouts is a senior travel group open M-F 10:00 am - 2:00 pm. We'd love to have you join us on any of our fun outings! Please call for additional information. We will be happy to assist you.

Dial-A-Ride

Seniors over 50 who live within our designated service area can call for a ride to health care locations, banks, shopping centers, beauty shops, nutrition centers, etc. For more information, call 686-4736. We need volunteer drivers!

Become a member of the Center!

Show your support for your Senior Center for only \$20/person each year. Membership includes monthly newsletters and Senior Center information mailed to you. Call for more information.

GAMES

Bridge	Mon (<i>Instruction</i>)	1:00 - 4:00 pm
	Tuesdays	9:00 am - noon
	Fridays	9:00 am - noon
Bunco	Wednesdays	12:45 - 3:00 pm
	Thursdays	9:00 - 11:30 pm
Pinochle	Thursdays	1:00 - 4:00 pm
Bingo	Fridays	12:45 - 3:30 pm
<i>Auxiliary plays Bingo twice each month, the 1st & 3rd Monday afternoon. Call for dates/times.</i>		
Pool Hall	M-F	9:00 am - noon
Horseshoes	M-F	9:00 am - noon

GET FIT!

Low Impact Aerobics – Mon/Thur 8:45 - 9:30 am
Chair Exercise – Tue/Fri 9:30 - 10:00 am
Gentle Yoga – Tue/Thur 1:00 pm
Tai Chi – Mon 8:00 am & Thur 2:00 pm
Tap Dancing – Tue 3:00 pm

FEELIN' CRAFTY?

Porcelain Dolls – Mon/Fri all day
Ceramics – Tue/Wed 9:00 am - noon, Tue/Thur 1:00 - 4:00 pm
Knitting – Tue 10:00 am - noon
Rock Painting – Wed 1:00 - 3:00 pm
Painting/Drawing Thur 9:00 am - noon
Rubberstamping – Wed 1:00 pm
Sewing – Thur 9:00 am - noon

LIFELONG LEARNING OPPORTUNITIES

Piano – Friday *Beginning* 10:00 - 11:00 am
Intermediate 11:00 am - noon
Spanish Chat – Monday 10:30 am
Computer Classes – *Call for dates/times. Highly qualified, experienced instructors offer a variety of classes for seniors.*
Writing Group – Monday 12:30 - 3:00 pm
Garden Club – 4th Monday of the month 9:00 - 11:00 am
Let's Talk Men's Group – Tuesday 10:30 am



CSD Rental Facilities

Facility Rentals through Community Services District

Whether hosting a wedding reception, a company picnic, or any other special occasion, the Community Services District Parks & Recreation Department offers a variety of rental facilities to suit your recreation or business needs.

Pavilion



9950 Elk Grove-Florin Road
Elk Grove, CA 95624

Capacity:
250 dining/350 theater style

Located in the heart of Elk Grove Regional Park, a facility to accommodate up to 250 guests for dining, including a commercial kitchen and round tables for your event. The facility has full wrap-around windows to provide the perfect "park-like setting" for meetings, family reunions, receptions and other celebrations. Call 405-5300 for dates and availability.

Elk Grove Youth Center



Elk Grove Regional Park entrance
9922 Elk Grove-Florin Road
Elk Grove, CA 95624

Capacity:
75 dining/100 theater style

The Elk Grove Youth Center is located in the heart of Elk Grove within Elk Grove Regional Park. Available for rentals on Sunday only, the building accommodates up to 100 people theater style or 75 for dining, and features a multi-purpose room, fully-equipped kitchen and restrooms. Tables and chairs are provided. Mature trees are plentiful, providing shady areas outdoors. The Youth Center is an ideal spot for special gatherings. Call 405-5600 for dates and availability.

Call us for your
business meetings &
company picnics.
**RESERVE YOUR
DATE NOW!**

Outdoor Rentals in Elk Grove Regional Park

Located in the heart of Elk Grove along Elk Grove-Florin Road, Elk Grove Regional Park provides 127 acres of lush landscaping and recreational amenities. The EGCSO Parks & Recreation Department accepts reservations for picnic and outdoor areas throughout the Park.



Strauss Island:

Strauss Island is located in Elk Grove Regional Park and can seat up to 150 guests. This is a perfect setting for the romantic wedding. Strategically placed around the Island are mature weeping willow trees and a gazebo which create the perfect picture setting. Call 405-5300 for dates and availability.

Picnic Areas:

Picnic areas can be reserved through the Elk Grove Parks and Recreation Office. Call 405-5300 at least one month in advance of event for fees and availability. Reservations must be completed two weeks prior to event. Park maps are available on-line and picnic area numbers are posted at the park. Call 405-5300 for dates and availability.

Kloss Complex:

Also located within Elk Grove Regional Park, the Kloss Softball Complex has 3 lighted softball fields. Fields are available for weekend use. Applications for rental are available.

Grey Diamond:

Also located within Elk Grove Regional Park, the Grey Diamond offers sports enthusiasts a well-groomed, lighted, field for playing softball. The field is available for all day use or in 90 minute increments. Bases, however, are not included in the rental fee. Call 405-5300 for dates and availability.

Swim Center:

Located in Elk Grove Regional Park, the swim center offers a cool alternative for your special function or party. The facility features a 25 yard pool, waterslide, and a shady picnic area with an adjoining playground. Reservations are available in two hour blocks on Saturday and Sunday evenings for private parties from June to September. Call 405-5300 for dates and availability.

CSD Rental Facilities



Our newest facility, the Wackford Community & Aquatic Complex, is a state-of-the-art complex that can host intimate meetings of 10 persons, or accommodate events with 750 persons. Call now to reserve your event date. Call 405-5600 for rates and details.



Rent a facility from the CSD for your next meeting, wedding, or other special event.

Barbara Morse Wackford Community & Aquatic Complex

9014 Bruceville Road
Elk Grove, CA 95758
(916) 405-5600

The Valley Oak Ballroom (pictured right) can host 200 for dining and 300 theater style. It is the place for your wedding, reception, meeting or special event!

The Wackford Community and Aquatic Complex is 43,000 square feet, and includes 5 meeting rooms, a preschool room, teen center and full size gymnasium. A skate park is located next to the teen center.

The Aquatic area includes a 25-yard by 25-meter competition pool, a zero depth recreation pool, and a splash pool.

Now booking dates for pool parties, meetings, weddings, and birthday parties. Call 405-5600 to reserve the Pool, Ballroom, Gym or Meeting Rooms for your event!



Laguna Town Hall

3020 Renwick Avenue
Elk Grove, CA 95758
(916) 684-7550

Whole Hall Capacity:
300 dining/400 theater style

Half Hall Capacity:
150 dining/200 theater style

Meeting Rooms (M-Th)
Capacity:
70 large room
30 small room

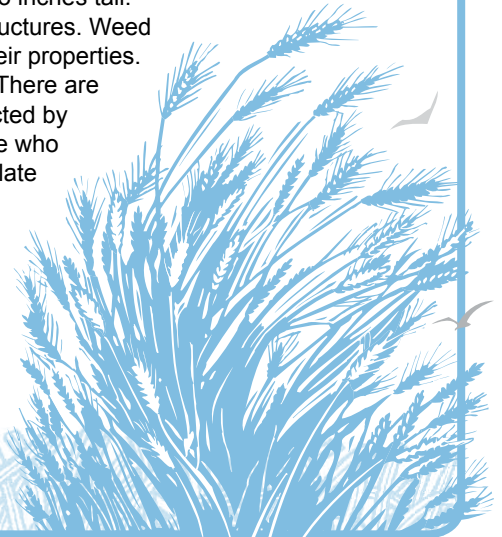
The Town Hall is available to rent for private receptions, meetings and other community functions. Nestled in a beautiful, Mediterranean-style park setting, the Town Hall features a large multi-purpose room with a stage, outdoor patio, kitchen facilities; two meeting rooms, restrooms and an amphitheater with an outdoor stage and turf seating. The Town Hall can accommodate a seating capacity of 50 to 300 people. To make a reservation, or for more information, stop by the Laguna Town Hall or call 684-7550.



CSD Fire Department

War Against Weeds

It doesn't take much to make a field of dry weeds go up in flames. A barely lit cigarette carelessly discarded or a hot piece of catalytic converter from a car is all that is needed to start a fire storm. With summer quickly approaching, Elk Grove fire officials are ramping up for their annual "War Against Weeds." "It's that time of year again for us to take the necessary steps to prevent a catastrophe," said Elk Grove Assistant Fire Marshal George Apple. Steps to reduce the fire risk start in April through the Elk Grove Community Services District (CSD) Fire Department. "We combat weeds through education and enforcement," said Chief Apple. "We require parcels of two acres or less be cut so that weeds are no more than two inches tall." Parcels that are larger than two acres are required to have a 30-foot fire break around structures. Weed abatement notices will be sent out to land owners on May 1st reminding them to abate their properties. Fire officials aim to have accomplished the abatement program district-wide by July 15th. There are few exemptions to the abatement ordinance. One exception is wetlands, which are protected by state and federal laws. Currently, CSD mows around them as a fire control method. Those who are obligated to abate are strongly encouraged to cut their weeds in the early morning or late evening hours when the chance of starting a fire with a mower is less likely. Residents may file complaints against properties that are overgrown and may need abatement. Copies of the complaint form are available at Elk Grove fire stations and the District office located at 8812 Elk Grove Boulevard. Complaints may also be submitted from the CSD website at <http://www.egcsd.ca.gov/safety/weed.html> or through the Fire Department's Weed Abatement Hotline at (916) 405-7115. To merit Fire Department enforcement action, weeds must be visible from the street.



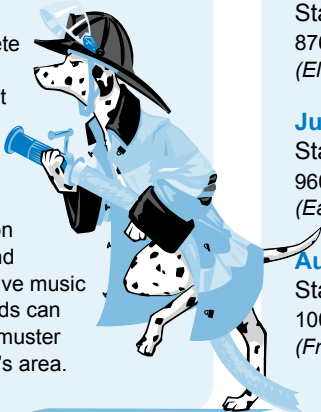
Fire Muster and Family Play Days

Saturday and Sunday
June 17th and 18th, 10 am – 4 pm

Activities:

- Fire Muster Competition
- Safety Fair
- Children's Activities
- Live Music and Entertainment

Join the Elk Grove CSD Fire Department in celebrating the history and tradition of the fire service at the Fire Muster and Family Play Days. Watch muster teams from all over California compete in events using antique fire equipment such as motorized pumpers and hose wagons, hose carts, and steamers. Take a break from the action and visit the health and safety fair and enjoy live music and entertainment. Kids can try their hand at mini-muster events in our children's area.



Fire Station Open Houses

Bring the family to your neighborhood Elk Grove CSD fire station for a chance to meet the firefighters that serve you, tour the station, and see fire engines up close. Kids will enjoy games and activities based on safety messages. Adults can participate in fire extinguisher lessons and pick up fire and life safety information. Your neighbors at the fire station look forward to meeting you!

6 pm – 8 pm

June 13th:

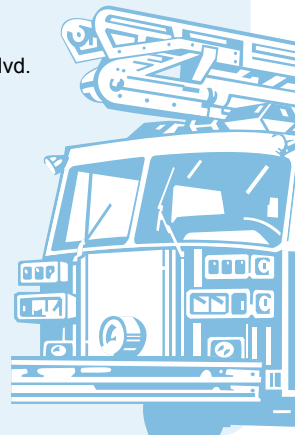
Station 71
8760 Elk Grove Blvd.
(Elk Grove)

July 11th

Station 73
9607 Bond Rd.
(East Elk Grove)

August 8th

Station 72
10035 Atkins Dr.
(Franklin)



*Is your
home
fire safe?*

Home Fire Safety Workshop

Wednesday, August 2, 2006

6:00 pm – 8:00 pm

Elk Grove CSD Board Room
8820 Elk Grove Blvd
#9776

Cost: \$5

Join us for a lesson in home fire safety presented by Elk Grove CSD Fire Department personnel. Hear directly from firefighters about a recent fire in Elk Grove that destroyed a home and nearly claimed the lives of three residents. Learn what you and your family can do to prevent this from happening to you. Class will include information on smoke detectors, home fire drills, fire extinguishers, burn and scald prevention, home fire sprinklers, and much more.



Don't take a vacation from safety!

Safe Kids USA reports that trauma injuries peak during the summer months (May – August) because children are supervised less, have more free time, and engage in more outdoor activities. Close supervision, proper protective gear, and other simple prevention steps will help your child avoid danger.

Play it safe this summer and follow these fire and life safety tips:

- Keep kids supervised around the pool and all bodies of water, big and small—have them wear a life jacket!
- Keep fireworks, matches, and other fire starting materials away from children. Report illegal or improper use to the authorities.
- Never leave a child unattended in a car, it can become an oven in minutes in the summer heat—when you get out, get them out too.
- Apply sunscreen early and often to reduce the risk of burns.
- Mow the weeds around your home to reduce the risk of wildfire damage.
- Make sure your kids wear the right, properly fitted protective gear when they practice and play team sports and every time they ride their bikes, scooters, inline skates or skateboards.
- Call 9-1-1 to report a fire or medical emergency.

CSD Fire Department

CSD Fire Administration
8812 Elk Grove Blvd.
Elk Grove, CA 95624

telephone: 405-7100

fax: 685-6622

emergency: 9-1-1

Station 71 – Elk Grove
8760 Elk Grove Blvd.

Station 72 – Franklin
10035 Atkins Drive

Station 73 – East Elk Grove
9607 Bond Road

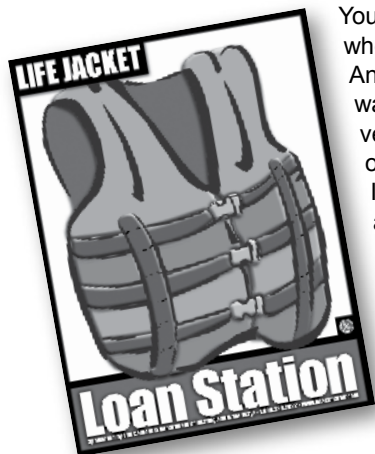
Station 74 – Laguna Creek
6501 Laguna Park Drive

Station 75 – Lakeside
2300 Maritime Drive

Station 76 – Elk Grove/W. Vineyard
8545 Sheldon Road

FREE Life Jacket Loan-Out Program

The California Department of Boating and Waterways has partnered with local fire stations to make life jackets available to the public on a loan basis. Each station has life jackets for children and adults. An individual or family can check out life jackets for a day or a weekend simply by completing a loan form.



You should always wear a life jacket when near the water or on a boat. Any person on board a personal watercraft or being towed behind a vessel on water skis, an aquaplane or similar device must wear a Type I, II, III, or V U.S. Coast Guard-approved life jacket.

Safe Kids USA reports an estimated 85 percent of boating-related drownings could have been prevented if the victim had been wearing a personal flotation device. Approximately half of all boating deaths occur

on Saturdays and Sundays and between the months of May and August. Most boating deaths occur as a result of drowning when a boat capsizes or a person falls over board. Drowning could be prevented by wearing a life jacket.

CSD Fire Department presents Fire & Life Safety Presentations

School Visits – Preschool through sixth grade classes can enjoy a fire engine visit at their school and a fire safety presentation.

Fire Safety Presentations – Adult groups may call for a lesson in home fire safety or home fire extinguishers.

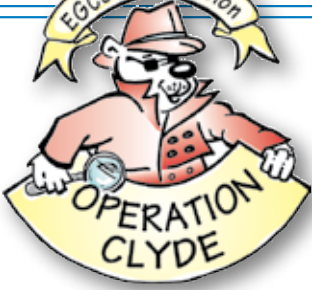
Fire Safety and Fall Prevention for Seniors – Older adult groups are encouraged to hear what they can do to prevent home fires and injuries from falling.

Child Passenger Safety – Confused about car seats? You're not alone. Call for a group presentation or an individual car seat check-up.

To schedule a fire or life safety presentation contact Public Education Officer Jennifer Rubin at 405-7114. The courtesy of two weeks advance notice is requested for scheduling purposes.






Community Info & Registration Form





Operation Clyde Recreation Scholarship Fund

"Operation Clyde" helps Elk Grove individuals who can not afford to participate in recreation activities. Tax deductible donations can be made out to the Elk Grove Community Services District Foundation, Operation Clyde.

EGCSD is currently in the fundraising mode for Operation Clyde. Donations in any amount, even adding \$1 to your registration fee, helps children in your local community play. For more information call 405-5300.

Elk Grove Parks & Recreation, 8820 Elk Grove Blvd., Suite 3, Elk Grove, CA 95624 • 405-5300 • fax 685-6942

Registration Form (Copies Accepted)

Receipt # _____ Init. _____


Responsible Adult _____ Phone(hm) _____ (wk) _____ (mobile) _____

Address _____ City _____ Zip _____

E-mail Address _____

Payment Type: ___ VISA ___ MasterCard ___ American Express Credit Card # _____

Name as it appears on card: _____ Expires Mo./Yr. ____/____

Participant Name	Gender M/F	Birthdate (Under 18)	Activity #	Activity Name	Dates	Fee
 "Operation Clyde" Recreation Activity Assistance Fund (Optional) \$ 1.00						

"Operation Clyde" – \$1.00 contribution. Your contribution on the registration form helps Elk Grove individuals who can not afford to participate in recreation activities. Bring our community together by the simple act of donating a dollar.

Total Fee:

HOLD HARMLESS AGREEMENT

The Elk Grove Community Services District (hereinafter the "Elk Grove CSD"), its officers, trustees, agents and employees, and any co-sponsor of this activity, are not responsible for any claim, loss, injury(ies), liability or damages which may be suffered by the Participant while traveling to, during, or returning from the activity designated in this registration. Further, throughout the term of this Agreement, Participant [or Participant's parent or legal guardian, if Participant is under age 18] agrees to defend, indemnify and hold harmless the Elk Grove CSD, its officers, trustees, agents and employees from and against any and all claims, losses, injuries, liability or damages, including the payment of attorneys' fees, arising out of or resulting from participation in the activity designated in this registration. Additionally, the Participant [or Participant's parent or legal guardian, if Participant is under age 18] grants the Elk Grove CSD the right to photograph facilities, activities and Participant for potential future use for publicity or promotional purposes. I have read and understand this notice.

No confirmation will be sent.

Receipts are available in our office:
8820 Elk Grove Blvd., Suite 3

Signature of Participant (Parent if under age 18)

Date

☐ Check if New Address ☐ Accommodations Needed

Registration Information



Residents (95624, 95757, 95758) may register beginning April 24, 2006
Non-residents may register beginning May 8, 2006

Extended Registration Hours:

Saturday and evening
registration hours
now available at the
Wackford Community
Complex.



*Have you tried registering
on-line with eReg?*

5 Easy Ways to Register



On-line:

www.egcsd.ca.gov
24/7 access allows
you to register from
your home.



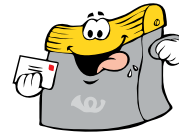
Walk-In:

Fee is due at time
of registration



Phone-In:

Visa, MasterCard, or
American Express



Mail-In:

Correct fee &
completed form
must be included.
Do not mail cash.



Fax-In:

Visa, MasterCard, or
American Express

3 Locations to Register



Wackford Community & Aquatic Complex

M-F: 8 am - 9 pm, Sat: 8 am - 1 pm
phone: 405-5600
fax: 405-5659
9014 Bruceville Road
Elk Grove, CA 95758



Parks Administration Office

M-F: 8 am - 5 pm
phone: 405-5300
fax: 685-6942
8820 Elk Grove Blvd., Suite 3
Elk Grove, CA 95624



Laguna Town Hall

M-F: 8 am - 5 pm
phone: 684-7550
fax: 684-7551
3020 Renwick Ave.
Elk Grove, CA 95758

Remember to:

Mark your calendars. Please note the
activity times, dates, and locations for
courses and events.

Receipts:

In an effort to keep the cost of classes
down, we are unable to send receipts by
mail but will have them available at the
office by request.

Supply Fees:

Do not include supply fee with registration
fee. Supply fees are payable to the
instructor at the first class.

Refund Policy:

Refunds will be granted to cancellations
received 72 hours prior to the first class,
unless otherwise noted in the program
description. Failure to attend a program

or "no-shows" will not be granted a refund.
If you are not satisfied with any of our
programs, please contact the program
supervisor.



Operation Clyde:

When registering, remember
to check "Operation Clyde"
to donate to the recreation
scholarship fund.



CSD Contact Information

Elk Grove Community & Youth Organizations Directory

Please contact these organizations directly.

4-H SACRAMENTO CLUBS

4-H Secretary, Joan Ryan 875-6811

BASEBALL

Cal Ripken (Ages 5 - 12) 685-6665

Babe Ruth (Ages 13 - 18)
www.leaguelineup.com/egbr 685-6252

Cosumnes River (Wilton) 687-4647

CITY OF ELK GROVE 683-7111

CAMP FIRE BOYS & GIRLS 452-4982

ELK GROVE ARTISTS

Cheryl Griess 685-3698
www.elkgroveartists.org

ELK GROVE

CHAMBER OF COMMERCE 691-3760

ELK GROVE COMMUNITY BAND

Robin Cole 685-2187

ELK GROVE COMMUNITY GARDEN

Soliel Tranquilli 685-8010

ELK GROVE SENIOR CENTER 685-3160

ELK GROVE

UNIFIED SCHOOL DISTRICT 686-5085

FOOTBALL AND CHEERLEADING

Elk Grove Jr. Thundering Herd 685-8889

Laguna Creek Jr. Cardinals
lcjc.org 686-9626

Sheldon Junior Huskies
huskypride.com 486-4666

Franklin Jr. Wildcats 714-1614

FRIENDS OF THE LIBRARY

Elk Grove Affiliate 685-5270

SAC CITY UNIFIED SCHOOL DISTRICT

Special Needs Programing
Dave Stincelli 277-6625

SCOUTS

Boy Scouts:
Golden Bear District Executive 929-1417

Girl Scouts:
Tierra Del Oro Council Office 638-4475

SOCCER

Elk Grove Youth Soccer League
elkgrovesoccer.com 682-6500

SOFTBALL

Elk Grove Girls Softball (Ages 5-16)
elkgrovesoftball.com 714-3399

SWIM TEAM

E.G. Piranhas
www.elkgrovepiranhas.com 431-3337

Community Services District

CSD GENERAL MANAGER

Donna L. Hansen

ADMINISTRATIVE SERVICES DEPARTMENT

8820 Elk Grove Blvd., Suite 1 • 405-7150
Jeff Ramos, *Chief Operating Officer*

FIRE DEPARTMENT

8812 Elk Grove Blvd. • 405-7100
Keith Grueneberg, *Fire Chief*

PARKS & RECREATION DEPARTMENT

8820 Elk Grove Blvd., Suite 3 • 405-5300
Sue Wise, *Parks & Recreation Administrator*



Volunteer Your Time & Talent

Many of the CSD's programs depend on volunteer support. A volunteer might help at a special event, coach a youth sport, or work with teens. People of all ages are encouraged to participate. If you wish to put your expertise to use in a program, or just want to find out what volunteer opportunities are available, call Emily O'Hair, CSD Volunteer Coordinator at 683-5279.

Events



Safe Night Sacramento

A Drug, Crime & Violence-Free Event



Event: Safe Night Sacramento
Date: June 23, 2006
Place: Six Flags Waterworld
Time: 2:00 - 9:00 p.m.
Tickets: \$10.00 (\$23.99 Value)
 * Excludes Locker Fee

- 🎧 DJ
- 🎵 Live Band
- 🍽️ Free food & drinks after 6:00 pm
- 🎟️ Visit educational booths to win raffle prizes

Tickets are available at Elk Grove Teen Center or at the gate

* Must be 6th - 12th grade to attend *

For More Information, Telephone (916) 339-0953

CIRCUS CHIMERA

and Elk Grove Community Services present a classic retold in the universal language of the circus



ALICE IN WONDERLAND

In Elk Grove

June 9 - 11

Elk Grove Regional Park
 9950 Elk Grove Florin Road

Friday 9th: 7:30

Saturday & Sunday 10 & 11th:
 1:30, 4:30 & 7:30

Save \$3 With Every Ticket!*

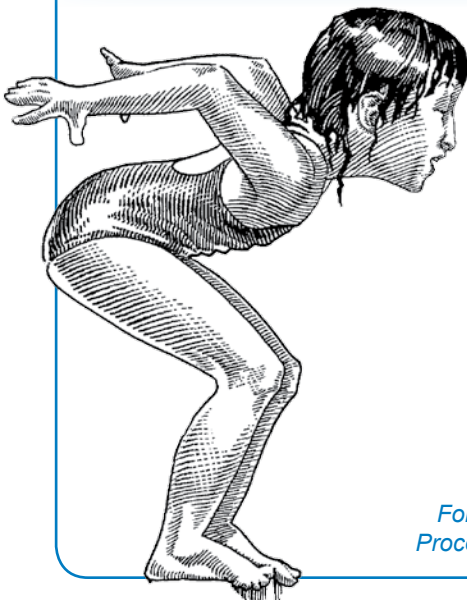
*Discount Tickets start at \$7 with this offer;

Show this at the box office,

visit circuschimera.com and use code "SAVE\$3"

or call 1-888-ONE-RING to reserve your seats.

Kid's Tri-for-Fun: Swim, Bike, & Run



Age 4-15
 Sunday, August 27, 2006

Elk Grove Regional Park
 9950 Elk Grove-Florin Road
 Begins at 8:00 am

Pre-registration is required.
 No "day-of" registration.

Activity #9885

Limited to the first 200 entrants

Regular registration: April 24 - August 10

Cost: \$25/child

Late registration: August 11 - August 23

Cost: \$35/child

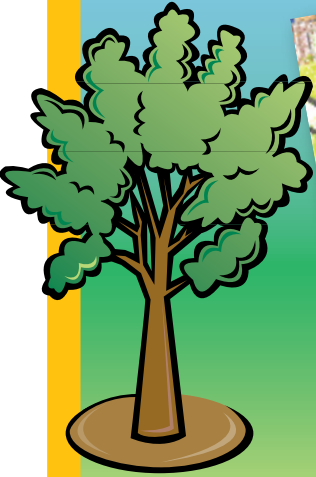
For more information, call Jeri at 405-5307
 Proceeds benefit the Firefighters Burn Institute



2006

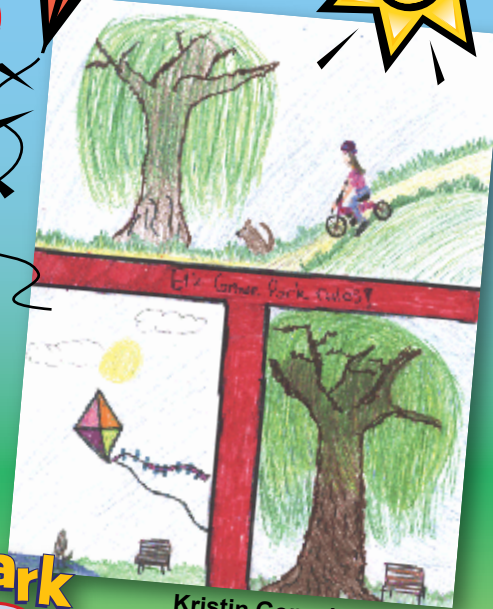
July is National Recreation Month

*Congratulations to our 2006 poster contest winners.
Thank you to all of our contest participants.*



Zach Sutcliffe, Age 8
Saint Peters Lutheran School

**i Love
My Park**

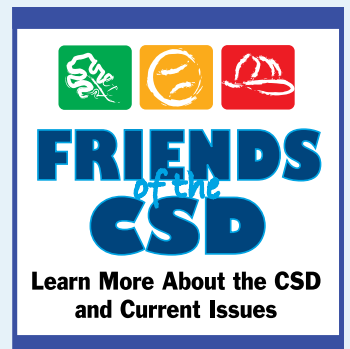


Kristin Gonzalez, Age 12
Foulks Ranch Elementary School

Let's be Friends...

Friends can get the latest news on CSD issues, events, and activities exclusively through the Friends network.

- ▶ Visit www.egcsd.ca.gov
- ▶ Click on the Friends of the CSD icon
- ▶ Enter your name and we will send you current information about the CSD and upcoming events



Community Services District
Parks & Recreation Department
8820 Elk Grove Boulevard, Suite 3
Elk Grove, CA 95624

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